

IYASCUS NEWS

Iyengar Yoga Association of the South Central United States

December, 2009

In This Issue

Gurujī's Birthday Present
Membership Renewal Time
Your Input is needed

Upcoming Workshops and
Trainings
Fight the Flu



Gurujī's Birthday Present: The Bellur Project

Once again it's nearly time to commemorate one of the most auspicious days in our calendar -- Gurujī's Birthday, Dec. 14.

Gurujī has told us we can best demonstrate our gratitude for his teachings by supporting the transformation of his ancestral village of Bellur. Some of the landmarks already achieved are a free hospital, water treatment facilities, India's first temple dedicated to Patanjali, and the free primary and high school which supply uniforms, books and a hot lunch, often the children's only meal of the day.

How can you help? Celebrate Gurujī's birthday with a fundraiser -- a special class or workshop, a potluck dinner, perhaps a fifth anniversary celebration of "Three for Bellur," in which participants are asked to donate \$3 each. Then combine the funds raised by your association, institute, studio or group and send one check for the total amount (Gurujī has requested that donations be forwarded in this way). Checks should be made out to IYNAUS with BELLUR TRUST in the memo line, and sent to IYNAUS, 1300 Clay St., Suite 600, Oakland, CA 94612.

ALL DONATIONS TO THE BELLUR TRUST ARE TAX DEDUCTIBLE TO THE FULLEST EXTENT ALLOWED BY LAW.

Go to [http://iynaus.org/Iyengar Yoga/Bellur](http://iynaus.org/Iyengar%20Yoga/Bellur) now for an update on the Bellur project and to download a flyer you can use to promote your event!

All of us at IYNAUS join you in this wonderful celebration. Namaste!

(Please note: IYNAUS cannot be responsible for individual tax receipts for donations which are bundled together and sent in; the receiving association, institute, studio or group is responsible to their own individual donors.)

Membership Renewal Time

From our Membership Chair:

Signing up or renewing your IYNAUS membership is now a breeze via the online process available on the [IYNAUS website](#). We encourage both students and teachers in the South Central region to pay your membership dues online, directly through the (national) IYNAUS website (<http://www.iykaus.org>), indicating your regional association here in the [South Central U.S. with IYASCUS](#).

Membership benefits include but are not limited to regional newsletter, access to our lending library, discounts to IYASCUS members, scholarships, nationwide information regarding yoga events, products, services and bulletins, access to key sources of information such as the "Find a Teacher" section of the IYNAUS website, the Yoga Samachar national newsletter, and specific data relating to IYNAUS, IYASCUS and RIMYI (the Iyengar Institute in Pune, India) events.

Wishing you and yours much health, happiness, peace and harmony during this season of joy and gratitude...
Michelle

Your Input is Needed at our National Meeting in May

Our National Association Board has asked us to find ways of increasing communication between you, our membership and the National Board, so they can make better decisions and generate programs that help us and reflect what we as teachers and active students need. To this end, the National Board has asked for input from our Regional Board, and we in turn are asking you.

A series of meetings will be held, one in a week or so, and another at the Convention coming up in Portland OR in May, where the regional associations will provide feedback on a number of topics, listed below:

- A. Archives
- B. Bylaws
- C. Certification
- D. Communication
- E. Ethics
- F. Service mark and Royalties
- G. Store
- H. Systems and Technology
- I. Yoga Research
- J. Events (Conventions, Conferences)
- K. Finance
- L. Membership
- M. Nominating
- N. Regional Support
- O. Scholarship

As the National Board's letter puts it, we would like you "to share your great ideas, aspirations, concerns (and yes, grievances)" regarding IYNAUS and its interactions with our regional IYASCUS Board, and beyond that, how both of these interact with you. We seek constructive criticism paired with good, practical ideas.

Send your feedback and ideas to our IYASCUS president, Paula Weithman, [here](#).

UPCOMING IYENGAR WORKSHOPS AND TRAININGS

We recognize that this is an incomplete listing of upcoming Iyengar events, and we depend on you, our affiliated studios and teachers, to let us know what wonderful teachers are coming to your area. Please keep us all informed in a timely fashion by [sending us an email](#) with the teacher's name, the workshop date, location and your workshop contact information (see the formatting below) and we will post it on our regional website and in this newsletter. Help us spread the word!

December 2009

Peggy Kelley, Iyengar Yoga Workshop
Date: December 12
Location: [The Synergy Studio](#), San Antonio, Texas
Contact: [Emilie Rogers](#)

January 2010

Devon Dederich, Iyengar Yoga Workshop
Date: January 16
Location: [Boerne Yoga Center](#), Boerne, TX
Contact: [Emilie Rogers](#)

Judith Lasater Experiential Anatomy: Asana Practice and Anatomy Teacher Training
Date: January 20-23
Location: Sammons Center for the Arts
Contact: email: [Living Yoga Dallas](#) web: [Living Yoga Dallas](#)

Dean Lerner Iyengar Yoga Workshop
Date: January 22-24
Location: [Houston Iyengar Yoga Studio](#)
Contact: Constance Braden, (713) 527-9100

Judith Lasater Yoga Therapy in Class
Date: January 24
Location: Sammons Center for the Arts
Contact: email: [Living Yoga Dallas](#) web: [Living Yoga Dallas](#)

Eddy Marks and Mary Obendorfer Asana Workshop and Teacher Training
Date: January 29-31
Location: [BKS Iyengar Yoga Studio of Dallas](#)
Contact: [Randy Just](#)

February 2010

Joan White Iyengar Yoga Workshop
Date: February 19-21
Location: [Austin Yoga Institute](#)
Contact: [Peggy Kelley](#) or [Devon Dederich](#)

March 2010

Mary Obendorfer Asana Workshop and Teacher Training

Date: March 5-7

Location: [Yoga Center of Lawrence](#) - Lawrence, KS

Contact: (785) 830-YOGA (9642)

Devon Dederich, Iyengar Yoga Workshop

Date: March 20

Location: [The Synergy Studio](#), San Antonio, TX

Contact: [Emilie Rogers](#)

April 2010

Dean Lerner Iyengar Yoga Workshop

Date: April 9-11

Location: [West Texas Yoga For Life](#) - El Paso, TX

Contact: Carol Carnes Johnson, (915) 490-6013

Dean Lerner Iyengar Yoga Workshop

Date: April 16-18

Location: [Big Bend Yoga - Alpine, TX](#)

Contact: [Mary Pollock](#)

Peggy Kelley Iyengar Yoga Workshop

Date: April 17

Location: [Boerne Yoga Center](#), Boerne, TX

Contact: [Emilie Rogers](#)

Eddy Marks and Mary Obendorfer Asana Workshop and Teacher Training

Date: April 16-18

Location: [BKS Iyengar Yoga Studio of Dallas](#)

Contact: [Randy Just](#)

Ramanand Patel: Yoga and Sound

Date: April 24-25

Location: [Austin Yoga Institute](#)

Contact: [Peggy Kelley](#) or [Devon Dederich](#)

Ramanand Patel: Yoga and Sound

Date: April 28-May 5

Location: Deborah Morin's Ranch - Austin, TX

May 2010

Ramanand Patel: Yoga and Sound

Date: May 7-9

Location: [Dallas Yoga Center](#)

Contact: info@dallasyogacenter.com

June 2010

Eddy Marks and Mary Obendorfer Asana Workshop and Teacher Training

Date: June 18-20

Location: [BKS Iyengar Yoga Studio of Dallas](#)

Contact: [Randy Just](#)

Laurie Blakeney Iyengar Yoga Workshop
Date: June 25-27
Location: [Clear Spring Studio](#)
Contact: [Devon Dederich](#) or [Peggy Kelley](#)

September 2010

Eddy Marks and Mary Obendorfer Asana Workshop and Teacher Training
Date: September 10-12
Location: [BKS Iyengar Yoga Studio of Dallas](#)
Contact: [Randy Just](#)

October 2010

Elise Miller Yoga Workshop
Date: October 1-3
Location: [Dallas Yoga Center](#)
Contact: info@dallasyogacenter.com

November 2010

Lois Steinberg Yoga Workshop
Date: November 5-7
Location: [Austin Yoga Institute](#)
Contact: [Peggy Kelley](#) or [Devon Dederich](#)

Dean Lerner Iyengar Yoga Workshop
Date: November 5-7
Location: [BKS Iyengar Yoga Studio of Dallas](#)
Contact: [Randy Just](#)

Fight the Flu and Winter Ailments

Most of you have already seen this sequence, in circulation since the Swine Flu outbreak in Pune. The Institute had been closed for more than a week last August, and Guruji gave this sequence out for all to practice. Many of those present at the time sent the sequence back for the rest of us to use. It has been published in many places, and, because we can't be reminded enough to take care of ourselves and our students, here is is again:

Immune Boost Morning Practice:

Uttanasana: 5 minutes
Adho Mukha Svanasana: 5 minutes
Prasarita Padottanasana I: 5 minutes
Sirsasana
 Straight pose: 5 minutes
 Sirsasana cycle: 10 minutes
Dvi Pada Viparita Dandasana/supported: 5 minutes
Sarvangasana: 10 minutes
Halasana: 5 minutes
 Sarvangasana cycle: 5 minutes
Setu Bandha Sarvangasana/supported: 5 minutes
Viparita Karani: 5 minutes

Savasana with Ujjayi or Viloma: 10 minutes

Immune Boost Evening Practice:

Sirsasana: 10 minutes

Sarvangasana: 10 minutes

Halasana: 5 minutes

Setu Bandha Sarvangasana/supported: 10 minutes

Savasana with Ujjayi or Viloma: 10 minutes

Your body is your temple. Take care of your health.

CONTACT YOUR IYASCUS BOARD

To send an email to anyone on our IYASCUS Board of Directors, just click on the name of the one you want to reach:

[Paula Weithman](#), President, Scholarship Chair

[Cheree Winston](#), Vice President, Outreach Chair

[Devon Dederich](#), Secretary, Newsletter Chair

[Michelle Mock](#), Membership Chair

[Sandra Torngren](#), Treasurer

[Anne Bowery](#), Philosophy Chair

[Karen Phillips](#), Website Chair

Please do send a note to us. Tell us how we're doing, or give us new ideas of how to do better. Send us feedback on our articles and postings, tell us about your upcoming workshops and trainings, and write us an article. Our aim is to share information and spread the word.

<http://iyascus.org>