

# EAST OF SCOTLAND IYENGAR YOGA INSTITUTE

NEWSLETTER 5

SEPTEMBER 2007

Welcome from the new committee to new and existing members to the East of Scotland Iyengar Institute. We extend our thanks to the outgoing committee who put in many hours over the last 2 years establishing the institute.

The ESIYI promotes Iyengar yoga in the community through classes and events. Many teachers attend the events but one of our aims is to encourage Iyengar yoga students to come along to these days. We recognise this may be daunting for the first time but it is a great opportunity to experience other teachers and to meet fellow students.

Our next General Day of Yoga is with Diane Coats on Saturday 27 October and is open to those with more than 6 months experience.

Please see the enclosed flyer for full details.

We look forward to seeing you there.

## REMINDER FOR TEACHERS

### Professional Development Day

on Sunday 28 October with Diane Coats  
for Introductory 1 & 2 and Intermediate Junior 1 & 2.

**Contact: Carol Brown on 337 3781**

P.S.

*Plus a small request to all teacher members, or indeed our keen student members. We have less than one student member to every teacher. Some institutes have as many as ten students per teacher, many have 2:1 and most have 1:1. Can we make a big effort to include and involve at least a couple of our students/fellow students for whom the ESIYI will naturally run more events.*

[www.eastofscotlandyoga.org](http://www.eastofscotlandyoga.org)

# EX REPORT May 2007

My second meeting as your rep and I'm not sure that I'm getting the hang of things very well but here goes.

Lots of new terminology for a start, with EX representing the executive council . Any issues you may want to raise should initially be brought to the attention of, well me actually, I then take them to our ESIYI committee with the potential of then presenting them to the relevant IYA standing committee. There are many members on these committees providing the 'cogs' of the IYA engine and should matters remain unresolved at this level they will then come to the attention of the EX.

Here are some snippets that may be of interest to you, for the 'full blown' minutes you will need to visit the website:

- Help on the events committee is urgently required – volunteers?
- Moderators to receive £70 fee for PD days.
- Birjoo has been invited for 2008 convention and we still await his response. It will be held in Newcastle.
- Discussion re visiting teachers from abroad and the need for a work visa. If they are not actually employed and given an honorarium only, then a work visa/permit is not required. Documentation to be gathered to this effect and terms of contract will be drawn up for future.
- Investigations into IYA becoming a company/having charitable status this would benefit the organisations ability to sign necessary legal contracts e.g. CM (certification mark for teachers).
- On-line renewal was very successful in its first year with 40% of members taking advantage of it.

Julie Anderson

## DATES FOR THE DIARY

**Saturday 27th October 2007**

Diane Coats

**Sunday 28th October 2007**

Professional Development Day

(Teachers only)

with Diane Coats

**Saturday & Sunday**

**24th & 25th November 2007**

Richard Agar-Ward from Bath

**Saturday 9th February 2008**

A Saturday of Yoga

with Margaret Austin from Sunderland

**Friday, Saturday & Sunday  
30th & 31st May & 1st June 2008**

Judi Sweeting and Tig Whattler

**Sunday 1st June 2008 - AGM**

November 2008 - Date t.b.c.

**A celebration of Gurujī's 90th Birthday**

## Announcement for Teachers Resident in Scotland and Teaching Children or Vulnerable Adults

Please note that this announcement is contrary to the advice in recent issues of IYN as amongst other things Scotland has its own Government and legal system. While it is good for those south of the Border that the IYA(UK) has made arrangements to enable them to apply for disclosure it would be most appropriate to follow the law of the land:

Disclosure Scotland provides an accurate and responsive disclosure service to enhance security, public safety and protect the vulnerable in society.

Disclosure Scotland is part of the Scottish Criminal Record Office (SCRO) which, in turn, is a common police service and an executive agency of the Scottish Executive. Disclosure is a requirement of many employers and insurers for anyone working with children (incl. under 18's) and vulnerable adults, and if self-employed it would be in your interest to have it.

The level of Disclosure required depends on the degree of contact you have with the group and availability of supervision by someone holding a suitable Certificate. Levels vary from Basic, which anyone can apply for, through to Standard and Enhanced levels, the latter is for those solely responsible for such a group. These applications have to be countersigned by an "umbrella" body, that is normally the employer but in the case of running a private class the registered "umbrella" body is the Scottish Disclosure Advisory Service.

[www.disclosurescotland.co.uk](http://www.disclosurescotland.co.uk) or 0870609 6006 Basic cost £20

Scottish Disclosure Advisory Service 01786 825313 Basic cost £10 (subject to travel expenses)

# Ali Dashti

On the 2<sup>nd</sup> of June, I attended a workshop with Ali Dashti. I had seen pictures of him in Mr. Iyengar's book, yoga: the path to holistic health, and had heard that he had studied and taught at RIMYI for a long time, so I was expecting an old school-disciplinarian. To my surprise, Ali Dashti was affable and chatty (very chatty), and the class was punctuated with rambling anecdotes and asides.

I think the best thing about the class was the emphasis on the physical benefits of each of the postures. I realised how little of this knowledge I, and the other students, had managed to glean and retain, and am now resolved to pay more attention to the remedial aspects of asana.

The long list of benefits of sarvangasana that Ali Dashti reeled off made me think about the pose in a new way. Hearing the medical purposes of the poses articulated while you are doing them makes you more aware of what is going on inside your body, which is after all, what we are aiming for.

The part I least liked was being told off in Hindi, which made me feel like a school kid again. It was for something for which my own teacher has admonished me, but this time, I think it will work!

Ishani Erasmus

## The new committee members are:

Chair	Gordon Jardine	<a href="mailto:gordieric@hotmail.com">gordieric@hotmail.com</a>
Treasurer	Rachel Woodward	<a href="mailto:rachel_leo@hotmail.co.uk">rachel_leo@hotmail.co.uk</a>
Membership	Anne Hally	<a href="mailto:anne.hally@dsl.pipex.com">anne.hally@dsl.pipex.com</a>
Events	Marianne Farish	<a href="mailto:mazvingo@hotmail.com">mazvingo@hotmail.com</a>
	Mona Hislop	<a href="mailto:mona.hislop@btopenworld.com">mona.hislop@btopenworld.com</a>
IYA (UK) Rep	Julie Anderson	<a href="mailto:julieindia@hotmail.com">julieindia@hotmail.com</a>
Non-exec	Ishani Erasmus	<a href="mailto:ishanierasmus@yahoo.co.uk">ishanierasmus@yahoo.co.uk</a>

[www.eastofscotlandyoga.org](http://www.eastofscotlandyoga.org)