

Term: January - March 2021 Issue # 5

NEWSLETTER

(ROS No. : PPM-033-14-12022019)



CLOSING YEAR 2020 DOOR FIRMLY BEHIND US

Covid-19 was unprecedented but together
we embraced the new normal...



**Online Sessions with
Abhayji and Kathy Cook**

PIYM is inviting everyone to attend classes on every Wednesday and Saturday,
from 11.30am - 1pm

Abhay Javakhedkar
Teacher from Pune, Ramamani Iyengar
Memorial Yoga Institute (RIMI)

Every Wednesday
27 May 2020
3 June 2020
10 June 2020
17 June 2020
24 June 2020

Kathy Cook
A longtime practitioner and
teacher of Iyengar Yoga from
Bali - on every Saturday for
the following dates:

Every Saturday
30 May 2020
6 June 2020
13 June 2020
20 June 2020
27 June 2020

PIYM members USD12 (MYR50) per session
Non members USD15 (MYR65) per session
USD20 (MYR220) for 5 classes

For registration and payment*, please click here:
<https://form.jotform.com/201392224322039>

at least 3 days before the start of your chosen class date. A specific session fee will be emailed those registered.
Should you require any info, please write to piym@piem.com.my

BELLUR IYENGAR YOGA CENTER
Run By: BKSSN Trust(R)

Presenting
Online Yoga Sessions

1st to 4th Oct. 2020,
Streaming from at B.K.S. Iyengar International Yoga
Center, Bellur village, Kolar district, Karnataka.

Session Timings: 7.00 AM to 9.00 AM (IST)

Zubin Zarthoshtimanesh
Iyengar Yoga Teacher

About Teacher:
Zubin Zarthoshtimanesh began yoga quite fortuitously when young. A full-time yoga teacher with 29 years' experience, he is currently teaching in the city of Mumbai, India.

He has traveled with BKS Iyengar Guruji to many international Iyengar Yoga conventions, some of them are Michigan (USA), Crystal Palace, London (UK) and Paris (France).

Yoga became his calling and he committed to teaching. It allows him to be aware that he had a responsibility to help spread the wisdom.

Zubin has presented yoga in ever-widening circles through lectures, demonstrations, workshops, etc. He has also written articles on yoga in leading newspapers and has been invited to become the resident Iyengar Yoga community.

Follow the link for registrations (Online sessions)
<https://tinyurl.com/Yoga-Zubin-blr-Wed-am> (Free Invitation)

(Each Session Recordings will be shared* Terms & Conditions Apply)

**December 11-14, 2020,
6-8pm IST**

**Online Yoga session
by
Abhijata Iyengar**

Here we are...
Still alive.
Let us explore life,
And experience freedom.

Visit!
http://belluriyengaryogacenter.com/event_abhijata-s-iyengar/
for more details

It was tough but we pulled through fairly well together...
thanks to yoga and its unwavering 8 pillars



MESSAGE

Mr. NANDA KUMAR

Consultant

Yoga begins with “the seed”. The brain, according to yoga, is the periphery of the consciousness. From there, you have to move inwards towards **“the root”** - Guruji BKS Iyengar.

It's wonderful to see the new “young” team coming together to sow more seeds through Persatuan Iyengar Yoga Malaysia (PIYM). My best wishes to all of you coming together and working together while facing the challenges as well as while enjoying the celebration. It is said that - ***“A team is not a group of people who work together. A team is a group of people who trust each other.”*** Not just the committee members but all the members of this association should help to build that trust with each other to move towards one's own “root”. I'm sure a lot of fellow practitioners will join this endeavour to spread the message of Guruji.

Mr. HONAN SIA

President

Producing a newsletter may seem a simple and easy task but it requires a lot of time and effort. Many thanks to the editorial team for taking the initiative to plan, compile and edit all the articles.

Also, my appreciation to the previous and current committee members for their hard work and dedication in setting up the PIYM association from zero based ground, without any prior experience or assistance. The members of the new committee are relatively young but I believe all of them are willing to sacrifice their personal time to contribute to the association and thus benefiting the yoga community and indirectly the society.

Yoga has proven to offer many benefits to one's body, mind and soul. Practicing yoga is not only relaxing to the body and mind but it also stabilizes our emotions.

We hope that this newsletter can be a good platform for all members to share information on all matters related to yoga.

FROM THE EDITOR

Ms. Maya Wong

It is indeed a great honour to be the Newsletter Editor for Persatuan Iyengar Yoga Malaysia (PIYM) and it is an immense pleasure to launch this first edition for 2021.

In this issue, we will recount the various activities which PIYM members were actively involved in to close 2020 until the first quarter of 2021.

We hope you sharing the newsletter to a friend or student who is not a member of either organization.

If you would like to write an article for the next issue of Persatuan Iyengar Yoga Malaysia News or place an advert, please send an email to us before : 15th February 2021.

A huge thank you to all committee members and PIYM members who contributed with wonderful and inspiring articles, without which there wouldn't have been this issue.

COMMITTEE

ORGANIZATION CHART Iyengar Yoga Association Of Malaysia 2020 - 2022



IYENGAR YOGA

EXPLAINED

If you are unfamiliar with Iyengar Yoga and would like to find out more, then read on. This article explains the origins of Iyengar Yoga and what you can look forward to from an Iyengar Yoga class.



Who is B.K.S Iyengar?

Born on December 14, 1918, in Bellur, India, Yogacharya Sri B.K.S Iyengar studied and practised yoga continuously for over 85 years. B.K.S Iyengar began his study of yoga at a young age with his guru, T. Krishnamacharya (who's often referred to as 'The Father of Modern Yoga').

B.K.S Iyengar brought yoga to the west in the 70s and his book 'Light on Yoga' has been the source book for generations of yoga students all over the world. He taught for over 75 years in all five continents, making yoga accessible and relevant to people everywhere. He invented many of the yoga props that we use today and explored the benefits of yoga as a complementary alternative treatment for a range of serious medical conditions. This world-renowned yoga teacher (many would say the world's greatest yoga teacher) died at the age of 95 on August 20, 2014.

What makes Iyengar Yoga different?

Iyengar Yoga is for anyone and everyone. It's the world's most widely practised method of yoga. Iyengar Yoga teachers are well qualified and experienced in helping each student to find their own level in each pose. Props are useful here to make each pose accessible to all. Because Iyengar Yoga focuses on postural alignment, you may discover that it is particularly good for postural and structural problems. And the fact that you have to give all of your attention to the precise details of each pose requires effort and concentration which can relieve stress and anxiety. Iyengar Yoga is all about quality of movement rather than quantity, to encourage safety throughout your practice.

Even though you might feel that an Iyengar Yoga class moves at a slower pace than other types of yoga class, you'll find you have to work hard. It may be methodical but it is far from an easy option!

An Iyengar Yoga class ends with re-energising postures, so that you leave feeling full of energy.

continued...

IYENGAR YOGA

EXPLAINED



Why do you use so many props in an Iyengar Yoga class?

An Iyengar Yoga studio will always stock a wide array of yoga props - blocks, blankets, straps, chairs and bolsters - in order to help each student find the proper alignment in a pose. Props help students hold poses in alignment even when they're new to them, have a chronic condition, are injured or simply stiff.

Props will always be available in an Iyengar Yoga class but will not always be necessary. They are not there to complicate the practice but to simplify it and make poses accessible to all. In a beginners' class, it is always good to be guided by the teacher when it comes to props. An experienced teacher is able to advise each individual about how and when to use props.

What should I look forward to from an Iyengar Yoga class?

In an Iyengar Yoga class, the way in which postures are taught is the same worldwide.

Each teacher will select a series of postures for a specific class for a specific reason, but each posture will be exactly the same in essence, whoever the teacher and wherever in the world you are. That means you can walk into any Iyengar Yoga class and fit in immediately.

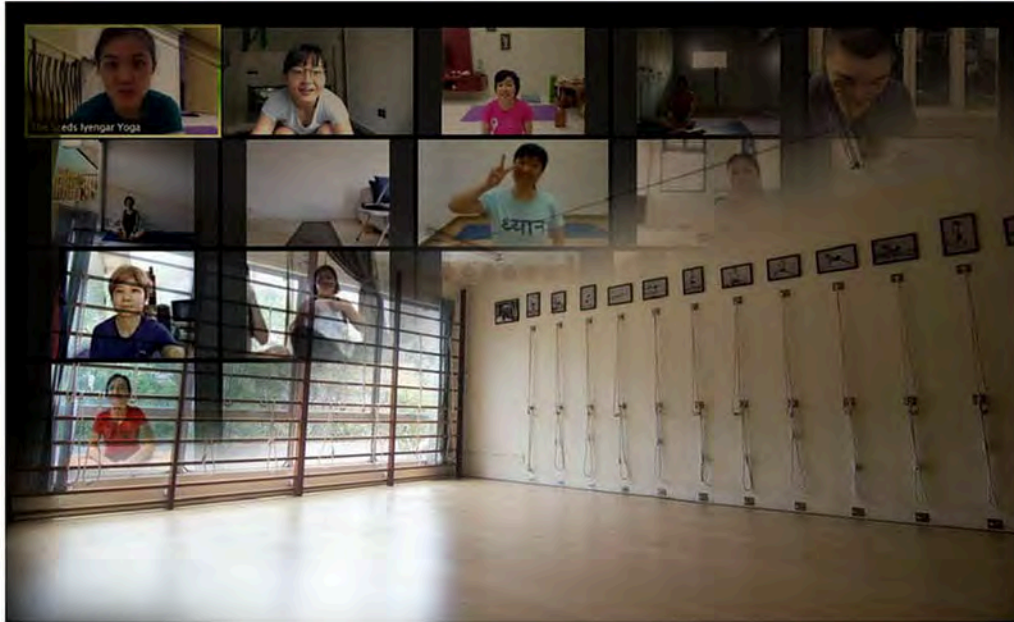
A beginners' Iyengar Yoga class will focus on standing postures so that you can learn the fundamentals of how to adjust and align the body correctly. Standing poses form the foundation before moving on to more advanced postures and need to be studied continuously, even when you've mastered the most advanced poses. Iyengar Yoga teachers all undergo a comprehensive training course to ensure that they get the knowledgeable instructions that they need to teach. A fully qualified Iyengar Yoga teacher holds a current Iyengar Yoga Certification Mark.

You can therefore expect an Iyengar Yoga class to include technique and sequencing, moving through a safe, methodical progression of yoga postures. The qualified teacher will provide a clear demonstration and explanation and individual correction and adjustment when necessary.

YOGA DURING THE PANDEMIC

By Sin Yue Tan

It was a difficult decision when I decided to temporary close my yoga studio, even before the Prime Minister made the official announcement that, Malaysia was going into the Movement Control Order (MCO) from 18 March 2020.



As a yoga practitioner and teacher, I had daily physical contact with almost every student in my classes and would, therefore, be considered in the “high risk” category. When the MCO was announced, I was stunned. However, I felt this was a chance for me to implement the yoga sutras in real life, bringing all the theories into “actions”.

Though yoga studios were closed, a brand new way of knowledge or practice sharing was launched. Thanks to Teacher Kazumi (a certified Iyengar Yoga teacher), she was the first to initiate me and also other teachers into the “zoom world” of yoga. We started our online practice among a few close friends and then, extended it to our students for free.

Our online journey started with much curiosity and excitement, full of technical issues and etc... but we all managed to overcome the new norm of learning, practice and sharing!

I had a group of super “tapas” students, and we met 6 days a week in the mornings. That was really our best, sweet and happy memories, throughout the MCO days. We learned together, we shared, we supported each other in many ways, but most importantly, the moral support we gave to each other. We adapted to the new learning platform very fast, and everyone was so focused, even when situations were bad.

Not only that, my studio has developed a new branch of teaching platform. I managed to invite teachers from different regions to conduct online classes for my students.

The students had many opportunities to get in touch with different teachers around the world, it opened up the door of knowledge, a much broader and wider way.

continued...

YOGA DURING THE PANDEMIC

— By Sin Yue Tan —



Though it seemed we were in the darkest days, but we still saw the lights! ***The true lights of Yoga!*** People were united, to study and to share the same knowledge.

The pandemic brought so much negative effects. But as a yoga student and teacher, I could see things from another angle. ***“Yoga does not just change the way we see things, it transforms the person who sees,”*** said **B.K.S. Iyengar.**

Due to the pandemic, I had a different understanding of the above quote from Guruji.

It was the best time for us to educate the public on the importance of proper yoga practice. It not only strengthened the physical body, it also strengthened our minds.

The theory of yoga sutras, should really be put into actions in our day life, especially during the difficult times.

Nevertheless, I would like to give my highest gratitude to my beloved teacher, Sri Nandakumar who had spent so much time and energy in educating the students.

And also, the group of students who never gave up the chance to learn.

We shall go through the darkness, and we shall see brighter lights! As Guruji Iyengar said: ***“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.”***

Namaste

The Curious Case of An Injured Yoga Teacher

By Mei Soong

Oftentimes, yoga teachers teaching and practicing yoga day in and day out are seen as the super human who should be in good shape and free from injuries.

Is that really so?

The truth is, yoga teachers are more exposed to injuries because physically they are doing so much more than others.

Besides their own practice, they teach, they plan for the lessons that involve many experimental actions with own bodies, they demonstrate poses mainly on one side with possibly non-warmed up bodies, and there is also a possibility of injuring themselves while adjusting or supporting students. After all, the highly physical nature of the job can lead to exhaustion, which makes injuries even more likely to happen. It can be surprising if a yoga teacher never had any type of injuries.

PIYM is very delighted to have a certified Iyengar Yoga Teacher Mei Soong (owner of Tapas Iyengar Yoga Studio) to share with us her journey of recovering from injuries. The following is a transcript provided by Teacher Mei Soong and it has been briefly edited.

Q: The stereotype of yoga teachers should be in a good shape and injury-free is always there, as if they are like some kind of super human, is that really so?



- If the above statement is true, then similarly the same should go to doctors who should not have cancer, high blood pressure, fever or die from heart attack? Physiotherapists should not get injuries when they are involved in sports or in their daily activities? Psychologists and psychiatrists should not have emotional issues?
- For me, injury is part of my learning journey.
- If we study Guruji's life story, he also encountered injuries in his practice.
- In my opinion, the objective is more on how should one handle or manage or solve the issue of injuries during practice or in any other circumstances, rather than focusing on whether a yoga teacher should or should not get injured. Life is not go always smooth sailing.
- Ramanand Patel once jokingly said, serious practitioners may get injuries seriously during their practice because they are serious in their practice.

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The Curious Case of An Injured Yoga Teacher

By Mei Soong

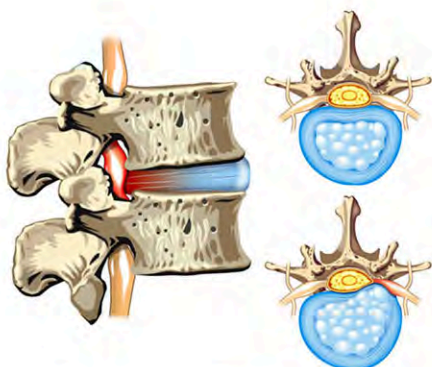
Q: How do injuries usually happen?

- There are many reasons and factors:
 - It could be age, or hormonal changes. Energy and stamina change as one ages.
 - Not enough preparation especially during an intense practice.
 - Could be the food intake - Inflammatory food
 - And one very important factor, it could be my karma!!! (this could be a lame reason but I can't strike out the possibility, can I?)
- In my case, with a flexible body it is not easy to detect our boundaries. Usually the pain comes much later. The injuries are accumulative.



Q: Can you share about your recent injuries?

- A slipped disc 9 years ago
- De Quervain syndrome 2 years ago
- Groin strain recently



Q: How did you combat and recover?

- Don't rush to end the pain. Bear with it and listen to what it wants to tell us.
- Be patient, live one day at a time. Meanwhile, as the body needs some rest, it's a great opportunity to make time to study the sutras and Bhagavad-gita or listen to some spiritual talks.
- Iyengar Yoga provides many ways to practice according to our specific injuries or sickness, with this I'm grateful to Guruji Iyengar, Geetaji, Prashantji (for their knowledge) and especially my teacher Nandakumar, who had helped in my recovery journey.
- Whenever I get an injury, I'll refer to the books written by Guruji, Geetaji and Lois Steinberg as guidance. And will discuss with my teacher if I need further clarification.
- Eventually it all boils down to how dedicated and committed we are in our practice to find out the answers despite all the answers given in books and by different gurus.
- Most important of all, one has to have faith with the Iyengar sharing. I trusted the knowledge passed down from Guruji, and it not only proved to me once but many times that it worked.



continued...

The Curious Case of An Injured Yoga Teacher

By Mei Soong



Q: There is a saying “**injury is a good teacher**”, do you agree? Did you gain any insights from your injuries?

- With pain, I had to slow down my movements. Even just a simple action like straightening my arms or legs, it took 15– 20minutes!
- Without pain, one would not use 20 minutes to do such a simple action. Therefore I'm grateful to these pains and injuries. After all, it came from my own wrong doings.
- During these precious 15-20minutes, I looked for the right feeling, direction, connection and motion according to my pain threshold. The pain was a signal that indicated whether I was working towards the correct action and direction. And this could be assessed through breath.
- From the slow movements and pain sensations, I discovered the connection of one part of my body with other parts of my body in details. Eg: The median lines of the limbs connection, breath connection, pelvic girdle, diaphragm girdle and core connection, which I usually took for granted when I was free from injury.
- Develop patience and appreciate the yoga philosophy which helps in developing the analytical faculty and maintain a positive attitude while bearing with the pains.
- Physical Injury not only let us feel pain physically, but psychologically as well. This part needs to be dealt with by studying the sutras and other scriptures. They have guided me to learn the subject of yoga in a bigger picture.

continued...

The Curious Case of An Injured Yoga Teacher

By Mei Soong



Q: What are some tips when you are struck with injuries?

- Do not panic. Just be patient
- Though seeking medical intervention is important, however, listen to your own body is also a crucial part.
- There are many options out there, physiotherapy, acupuncture, Ayurveda, sports injury massage, homeopathy, Chinese Tit Tar...etc, don't simply jump into any solution. Ask around for a reliable source. But be warned! What worked for others may not work for you! Again, always listen to your body's reaction.
- In Ramanand Patel's recent workshop in Kuala Lumpur, the theme was "The Paradox of Contentment". He shared with us the wisdom of being joyful in every moment, every action. Be contented in whatever achievement one gets. If one can perform an action or asana easily, be joyful, grateful (because the blessing of doing that particular action doesn't come from us) and contented. Same goes to those who couldn't do an action or asana due to some limitations. Still be joyful, grateful and be contented. (Perhaps by not able to do that action, you are saved from injury?) Despite the slow healing process, however little progress, be grateful to the Lord, the Divine, our Guru. This is the time where we learn the true meaning of surrendering to the Lord, the Creator.
- Ramanandji shared a funny joke with us: "If everything works the way just as what you want, what will happen? You will GET BORED!" Life is interesting because there is certain challenge waiting for us."
- What didn't kill you makes you stronger. Enjoy your practice, have fun in the yoga path.

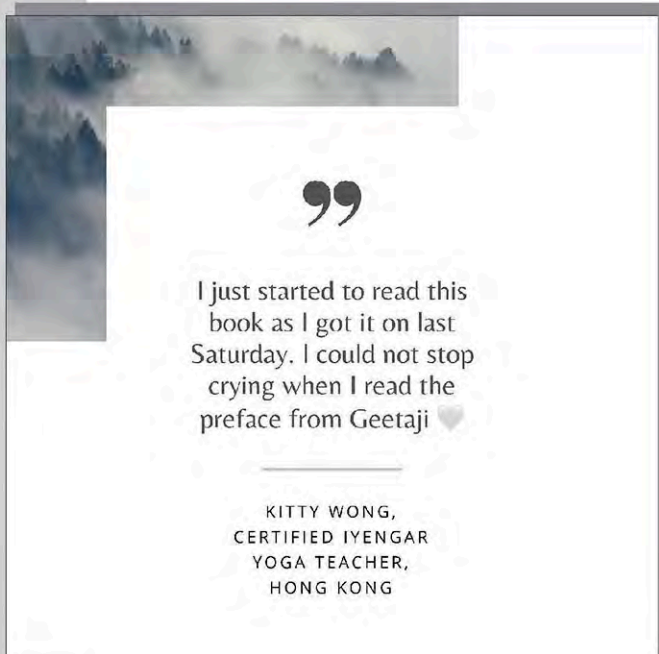
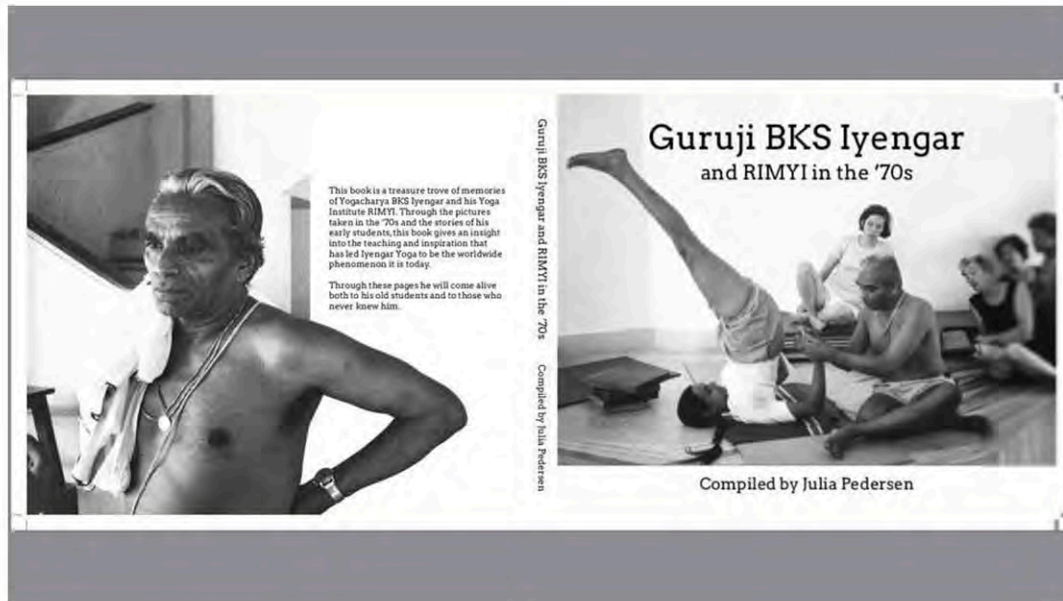
A NEW BOOK

Guruji BKS Iyengar and his institute in the '70s Paperback

Foreword by Geeta S Iyengar

Photographs by Georg Pedersen , Photographs by Julia Pedersen

29 Oct. 2020



This exceptional book on the history of RIMYI and the wonderful documentation of Guruji's teaching has just been released by Iyengar Yoga practitioner and teacher Julia Pedersen. The foreword is by Geeta S Iyengar. The book features beautiful, evocative photos of RIMYI in the 1970s and brings the essence of Iyengar Yoga to life. This is a must-have for those who love Iyengar Yoga! Orders can be made internationally via Book Depository.

Prepared By Prema Chandran

available to purchase

<https://www.bookdepository.com/Guruji-BKS-Iyengar-his-institute-70s-Geeta-S-Iyengar/9781906756659>

<https://www.amazon.co.uk/Guruji-BKS-Iyengar-his-institute/dp/1906756651>

How to be A Good Yoga Teacher?

lessons from Guruji Iyengar

By Yvonne Ong & Clement Lau

Teachers could obtain their knowledge through reading, but it is still necessary for them to learn, make conclusions and improvise through their studies.

Nowadays, teachers like to conduct accelerated courses for students who want to be yoga teachers, however they forget that knowledge based on experience could not be learnt without long term observation and non-stop practising.

As the Indian maxim says "serving people is actually serving God", therefore Guruji Iyengar believes that teaching yoga is the most noble act among all sorts of "serving people"; while teaching yoga is actually guiding people from darkness to enlightenment, from worshipping physical body to the spirit of eternity.

By teaching yoga, you could turn them into God's sincere children.

Do not go beyond your limits. Always keep in mind that you are serving the God inside your students' heart, even if you are scolding them.

Lastly I would like to ask for your favour (which is not an order):

Be a perfect role model in front of students:

- always have faith while practising
- be courageous while practising
- be passionate while practising
- only practise postures when you fully understand them
- non-stop practising, while having faith in your heart
- professional ethics
- maintain integrity and purity while practicing

It is against morality that you do not correct your students, after knowing their mistakes; and the same goes to your students if they do not correct themselves after your teaching.



continued...

How to be A Good Yoga Teacher?

lessons from Guruji Iyengar

By Yvonne Ong & Clement Lau

The lights of knowledge would be brighter, and the sorrow could be avoided. And even the sorrow come, they could be defeated. And we could prevent future sorrows (according to yoga sutra, heyam dukham anagamam).

As a teacher, you need to give the idea of discipline.

At the same time, the student can also act as an observer to see the teacher's self discipline model.

As a teacher, you have to show good discipline to your students; meanwhile students should observe the teacher's discipline before recognizing him or her as a teacher.

you shall guide your students from darkness to enlightenment, from worshipping physical body to worshipping spirit of eternity.

I request my students to protect their students more than protecting themselves while teaching them.

Do not think in a way that teachers could only offer greater help to their students if teachers take protecting themselves as top priority. Such thinking shall not occur and should be prohibited.

The teachers should gain the knowledge by reading, but also in-depth learning, to reflect, to adjust.

Before teaching the students what are the weaknesses of their own body, he himself must have the true experiences and answers.

There are a lot of teacher training programs being offered within a short time frame. But they forget that, the true experience and knowledge couldn't be gained within a short period of time! All these have to be gained only through persistent observations and practices.

If a teacher took great time to understand such knowledge, it is impossible for them to teach those knowledge in a short period of time.

It is necessary for teachers to let their students, those who want to be a teachers, to know this truth.

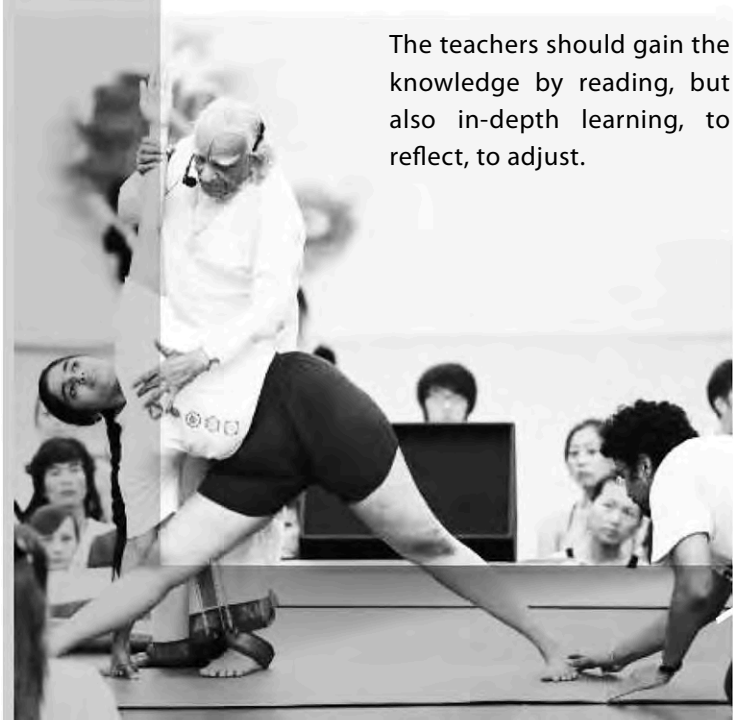
Unfortunately, the purpose of learning seems to be obtaining knowledge, but the true purpose which lies behind it is earning money.

Teachers shall interact with themselves while practising, with their body, with every single muscle, every single piece of bone, every joint, tissue. Do interact with your senses, your heart, and your consciousness.

Hence, teachers should perform non-stop practising, in order to improve themselves. They have to study, strenghtening senses and consciousness, and finally advance to the next state.

From the bottom of my heart I wish all of you could improve yourself, having strong senses, becoming more observant, and finally become an excellent Yoga Teacher.

Namaste!



A FULLY QUALIFIED
IYENGAR TEACHER
MALAYSIA

All the teachers on this page (Malaysia) are fully qualified, recognized and permitted to teach by the Ramamani Iyengar Memorial Yoga Institute, Pune.
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*** listed in no particular order

<https://bksiyengar.com/modules/Teacher/teacher.asp?Country=Malaysia>



Membership

Membership in the Persatuan Iyengar Yoga Malaysia (PIYM) includes many benefits:

- PIYM Newsletter will be shared with members covering Iyengar Yoga News, Workshops and Events as well as articles by leading Iyengar Yoga teachers.
- Advance notice of workshops with priority registration.
- Eligibility to attend an association - organized workshop or to study at the Ramamani Iyengar Memorial Yoga Institute (RIMYI).
- Invitations to special events and to the association's AGM.
- The opportunity to network with other Iyengar Yoga practitioners and teachers.
- The opportunity to share Iyengar Yoga related articles in our newsletter.
- The opportunity to subscribe to Yoga Rahasya (the official quarterly magazine produced by the Light on Yoga Research Trust (LOYRT), Mumbai, India. Yoga Rahasya includes the latest writings and teachings from members of the Iyengar family, making it an invaluable resource for students and teachers alike.

LEVELS OF MEMBERSHIP

CERTIFIED IYENGAR TEACHER MEMBER

To join as a teacher member, you must be a certified Iyengar Yoga teacher. If you have passed your assessment in another country other than Malaysia and would like to apply for teacher membership in Malaysia, please contact us at piymprotmcomm@gmail.com

Inclusive of Certification Mark for the current year of membership.

ASSOCIATE MEMBER

An apprentice Iyengar Yoga teacher trainee who is enrolled a recognized Teacher Training Program and intends to be-certified to teach Iyengar Yoga. You can find out about the training to teach here.

STUDENT MEMBER

At least one year practice under the teachings of Iyengar Yoga with a recommending certified Iyengar Yoga teacher.

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Persatuan Iyengar Yoga Malaysia (ROS No. : PPM-033-14-12022019)

 Persatuan Iyengar Yoga Malaysia

 www.myiyengaryoga.org