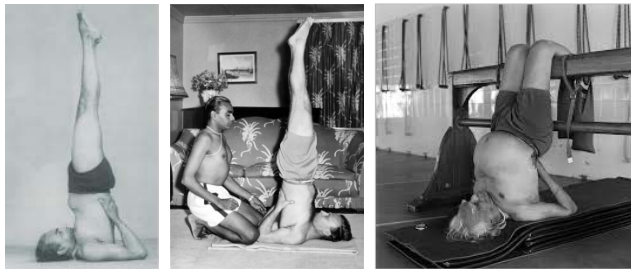




WELCOME TO OUR SUMMER 2017 NEWSLETTER

In this Summer 2017 newsletter:

- Third International Day of Yoga
- RIMYI wins an award
- A yogi goes to Bali
- Yoga is not for me – I thought...
- A weekend with Manousos Manos
- Professional Development in Victoria
- Conference update
- Training/Assessment Guide updates
- Recent assessment results
- Feeding the yogis
- Calendar of upcoming events



"Try it this way, try it that way.

Put yourself in their bodies, learn how it feels when it is done wrong, then learn how to do it right so you can teach them!

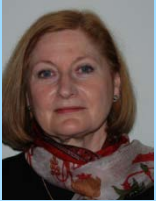
That's the art of teaching."

B.K.S. Iyengar



Photos from various sources including [Light on Yoga](#) and [Yoga a Gem for Women](#)

GREETINGS FROM YOUR EDITOR



Rejoindre Carole au:
Contact Carole at:

m.c.carpentier@sympatico.ca



Summer... When we can finally shrug off those heavy coats and scarves and hats and boots and feel a renewed lightness in our practices.

Summer... When we celebrate with our communities around the world on International Day of Yoga.

Summer... A time for yoga in the garden, on the dock, in the park.

Deadline for
next issue:
31 October 2017

*[check out the
submission criteria
at the back of this
newsletter]*

Note that we've **extended** the deadline for the next newsletter so you can tell us about your experience at the IYAC/ACYI **conference** and AGM. The conference is sold out so many of us will be eager to hear all about it from those in attendance.

And, of course, we're always looking for stories from your Iyengar Yoga community...

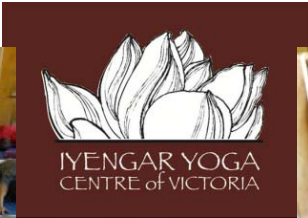
- Why is Iyengar yoga your yoga?
- How do you keep your yoga community vibrant?
- How do you foster regular practice by students?
- How do you spread the word about Iyengar yoga?
- How are you feeding your yogis? We want your recipes!
- Resources for teachers and students – blogs, websites, apps, books, props...
- Workshops with senior teachers from Canada, from the Source, and globally
- How have you used Certification Mark funding?
- Where in the world have you done Iyengar yoga recently?
- What's new or notable where you are?



La Journée Internationale du Yoga International Day of Yoga 2017.06.21



On 21 June, yogis around the world celebrated the third International Day of Yoga (IDY). For celebrations in the Iyengar yoga world, Geeta Iyengar provided a new practice sequence. And so, across Canada, we came together to celebrate this day. The stories and photos that follow come from our Canadian community.



International Day of Yoga in **Victoria**, British Columbia

Photos: Ty Chandler

International Day of Yoga in **Edmonton**, Alberta | Anita Cullen tells us her story...

On Saturday June 17th, a few days before the official International Yoga Day, the Yoga Association of Alberta put on a free event in Hawrelak Park to bring the Edmonton yoga community together. We had a beautiful sunny day and a great turn out of more than a hundred students. Over the two hours we alternated between short yoga practices and meditation. I started the event off with 20 minutes of Iyengar Yoga; a few sun salutations followed



by some standing poses and a seated twist to finish. It was a great way to introduce new students to the Iyengar method. Other teachers followed sharing their methods and experiences with enthusiastic and energetic students. A lot of teachers and volunteers worked hard



Photos: Liam Cullen

to make the event a success and feedback from students was extremely positive. It was great to be part of this event and to represent Iyengar Yoga in the community. All in all it was a great day to celebrate our love and respect for this vast subject of yoga.



Yoga Centre Toronto represents IYAC/ACYI at International Yoga Day – Canada event

As mentioned in our last newsletter, International Yoga Day – Canada (IYD-C) is a not-for-profit organisation whose purpose is to plan and organise celebrations of International Day of Yoga in Canada as a means of bringing together communities who have the practice of yoga as a common element and promoting awareness of the health benefits of a yoga and meditation practice.

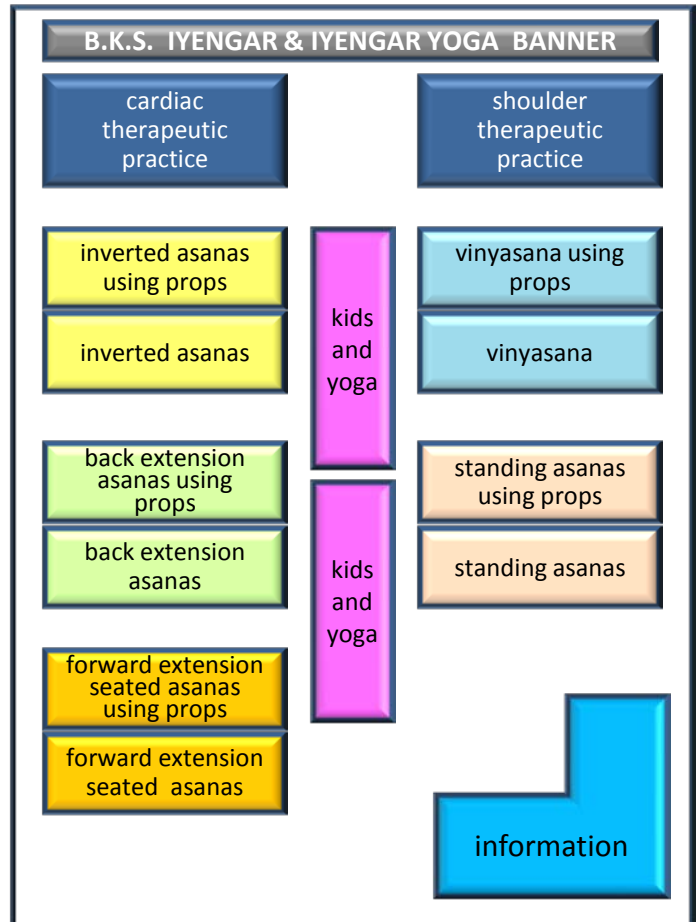
This year's event was the first for IYD-C. It was held in Toronto on Sunday 25 June and featured a morning session with yogi Baba Ramdev of the Patanjali Yogpeeth and an afternoon meditation session with Sister Shivani. In between the sessions, a number of yoga organisations had been invited to do demonstrations of different disciplines of yoga. IYAC/ACYI was among these groups, represented by Yoga Centre Toronto. Carole Carpentier was invited to document Yoga Centre Toronto's participation.



Yoga Centre Toronto's strategy for the demonstration was to showcase the key elements of Iyengar yoga.

Mats were set up in pairs in the demonstration area, with different practices being done:

- Standing asanas
- Forward extensions
- Back extensions
- Inversions
- Vinyasana
- Therapeutic practice
 - Cardiac recovery
 - Shoulder treatment
- Practice for children/youth



continues...



Carole Carpentier is a student at Yoga Centre Toronto.

All photos: Carole Carpentier



Yoga Centre Toronto represents IYAC/ACYI at International Yoga Day – Canada event

continued

For the standing asanas, forward and back extensions, inversions and vinyasana, one practitioner demonstrated classic practice, while the other demonstrated practice with the use of props.



The therapeutic practice demonstrations involved one practitioner leading the practice and the other acting as the recipient.

Two young students did a general practice, doing asanas in tandem.



Teachers roamed the periphery answering questions from bystanders. The reason behind the use of a prop was a frequent topic of query.

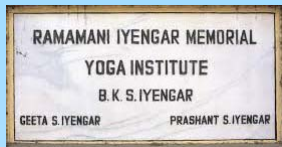
Teachers were also stationed at an information table to answer questions and hand out literature on Iyengar yoga.

At the mid-way point and at the end, Marlene Mawhinney, the senior teacher at Yoga Centre Toronto, led the group through the invocation to Patanjali.

Additional photos of the demonstration are available on the Yoga Centre Toronto website and Facebook page.

RIMYI

**Receives Prime
Minister of India's
Award for
Outstanding
Contribution to
Promotion and
Development of Yoga**



PRESS RELEASE: Press Information Bureau | Government of India | AYUSH

Ramamani Iyengar Memorial Yoga Institute, Pune bags the prestigious Award for 2017

The Ramamani Iyengar Memorial Yoga Institute has been selected as the first recipient of the Prime Minister's Award for outstanding contribution to promotion and development of Yoga. The institution of the award was announced by the Prime Minister on the occasion of the Second International Day of Yoga at Chandigarh on 21st June, 2016.

The Award was recommended by an Evaluation Committee (Jury) constituted under the Chairmanship of the Cabinet Secretary and included Additional Principal Secretary to Prime Minister, the Foreign Secretary, Secretary (AYUSH) and Dr. Veerendra Heggade as its members. It examined the recommendations of the Screening Committee and also made its own analysis of the contributions made by the institutions and individuals and recommended Ramamani Iyengar Memorial Yoga Institute, Pune for the prestigious Award. The Government of India has accepted the recommendation of the Committee to honour the Ramamani Iyengar Memorial Yoga Institute, Pune with the Prime Minister's Award for Outstanding Contribution for the Promotion and Development of Yoga for 2017.

The nominations for the Awards were invited through open advertisement by the Ministry of AYUSH, Government of India which had developed the guidelines for the awards. Two committees were constituted, viz., Screening Committee (for preliminary evaluation) and Evaluation Committee (Jury), so that a transparent process is followed in finalizing the awards.

The selection was done from among 85 nominations received and 15 more recommended by the Screening Committee. The Screening Committee shortlisted 16 names from among the applications received, after detailed discussions and analysis of the contributions of the individuals and institutes, whose nominations were received. In addition, the Committee also recommended for consideration 15 names of eminent yoga individuals/ organizations who have long standing credibility in the field of promotion and development of Yoga, but whose names did not figure in the applications received. After considering all relevant facts and other inputs, the Jury recommended that the Award for the current year be given to Ramamani Iyengar Memorial Yoga Institute, Pune.

The Ramamani Iyengar Memorial Yoga Institute has worked to spread Yoga, internationally, over a period of 4 decades. The Institute has published books on Yoga and these have been translated into multiple languages. There are thousands of Iyengar Yoga teachers popularising and propagating yoga across the world.

Jayne Lloyd-Jones Takes Iyengar Yoga to Bali

In November 2016 I spent a month in Bali as a volunteer, teaching Iyengar yoga at a foundation called Gaia Oasis. Located in a small fishing village on the north coast of the island, the organization is founded on the principals of cooperation and volunteerism. Any revenue generated is put back into the foundation to help fund micro-loans to local organizations such as reef regeneration, an orphanage, an elementary school, recycling initiatives and more.

The beautiful yoga 'shala' is octagonal in shape with soaring rafters and resident geckos taking care of the mosquitoes. A large gong outside announces the start of class at 7am. By that time we had already had our morning swim, a walk along the beach and a cup of refreshing ginger or lemongrass tea. Each day an intricate flower pattern was woven to create a centrepiece for the floor of our shala, surrounded by candles.

Several long-stay guests joined the classes every day, as well as visitors from all over the world, escaping their busy lives for a wellness retreat. For many it was an introduction to Iyengar yoga, and I was able to direct them to a studio near their home to continue their practice. One week I taught an international group of women who were on a mindfulness retreat; their meditation schedule began at 5 a.m. and ended around midnight, so they welcomed the class and wanted to learn how to sit in meditation without discomfort.

I also taught weekly classes to the lovely spa therapists, and at the elementary school, which was a delight. Not only were the students keen and full of joy, lined up in tidy rows, they also managed to relax in a 10-minute Savasana without moving a muscle. The most fun was teaching at the orphanage where 17 girls and boys, aged 3 - 19 would eagerly slip into every pose I showed, introduced themselves with a handshake and exquisite good manners, then treated us to a music performance of gamelan, traditional Balinese percussion instruments.



Bali is a beautiful place to be for a month. There is much to learn about Balinese Hinduism, a blend of Hindu and Buddhist beliefs, fused with animism. We were invited to many ceremonies - to celebrate the full moon, a new temple dedication, a water temple festival - usually with suckling pig, plenty of food and unnamed beverages. Prayers at the house shrine start the day, when a 'canang', a small woven basket of flowers, rice, spices, coconut and a stick of smouldering incense is offered to the gods. We became adept at wrapping ourselves in sarongs, sashes and, for men, caps, for temple visits, while I was soon riding side-saddle on the scooter like a local.

I can't wait to return.

*Jayne Lloyd-Jones lives on
Salt Spring Island, British Columbia*

Yoga???

Not likely!

This was Devin Waterbury's first reaction to yoga...

"Yoga is not for me." That was the nice way of translating my thoughts on yoga the first time it was suggested to me. It was neither positive nor unoffensive, and yet now it has become an invaluable facet of my life.

The second time yoga was suggested to me was in the form of a book, which, again, I shrugged off. This person suggested another book – Masaru Emoto, [The Hidden Messages in Water](#) – which I did read. I was so blown away by it, I went back to the book store and bought the recommended yoga book.

The message of yoga came at a time when my life was in turmoil. I was unhappy with my chosen career, unhappy with my skinny male physique, and I was depressed and yet relieved at the ending of a three-year long-distance relationship. I had turned to drugs and spending money needlessly to fill this void, like throwing paper on a fire to hopefully extinguish it. On top of that, I was living with roommates that owed me money for rent and bills, yet they felt partying was a better way to use their limited funds. I was working as a computer programmer at the time and although I enjoyed it for the first couple of years, I felt suffocated. This was not the life I dreamed of, sitting in a cubicle, programming video lottery games that unfortunately can ruin peoples' lives. I needed a change and that change came in the form of books – many books, every book on yoga that I could find and absorb until I found the one that really resonated with me, that resonated with all of us: [Light On Yoga](#) by BKS Iyengar.

I can honestly say that book changed my life. What started as a mere exercise program (I was too broke to pay for a gym membership) became my pole star in life. I noticed that as I began to take care of and observe my body, that I was also able to observe my own mind. I was able to witness my smaller self and see it as a beautiful...disaster. But through a fairly consistent practice, with the help of David Thomas, Melissa Schoales and Petra Rykers, I was able to cultivate the disaster and turn my life around. I became a Registered Massage Therapist, Reiki Teacher and started an online business. I met my wife, Tomoko, in school and we started our own home-based business offering massage therapy. We had two beautiful, wonderful sons who take us on rollercoaster rides daily and reaffirm the power of yoga to still the mind and body.

Several years later, I returned to that same book store and luckily the man who was working there was the same person who suggested that first yoga book to me. I thanked him for his life-changing suggestion. Now I give thanks to be able to teach this life changing practice to others.

Namaste!

*Devin Waterbury
lives in Dartmouth NS*



Photo: Tomoko Hosokawa

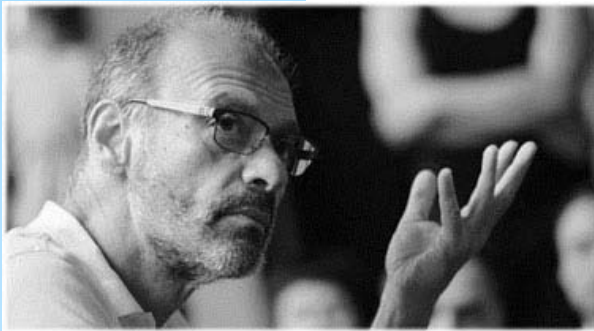
A weekend workshop with Manouso Manos

Kara Thorsen of The Little Yoga Room/La Petite Salle de Yoga in Montréal recently travelled to Annandale on Hudson, New York to participate in a weekend workshop with Manouso Manos.

Manouso Manos is as relevant to the Iyengar world as any rock star is to music.

We, in the Iyengar world, have a habit, as teachers and as students – me included – to place higher-ranked teachers on pedestals, that, although merited by virtue of skill and devotion, cast those of us in the lower ranks into the category of idolization and usurpers as we stand in the rays of their light.

The legends of Manouso are not lost on any of us, so when he walked into the room and I saw him for the first time, it was intriguing that what I saw was simply enough a regular man and in his presence one could see a reflection of BKS Iyengar, whose posture is undeniable.



He himself has become his own opposing forces that he teaches us in the physical body to know the mind. Our practice was goal-oriented and little by little we added details to accomplish those goals.

Repeatedly we were called to see a pose in Light on Yoga and how BKS had done that pose, the minute details. Until he drew my mind to the differences, I had assumed these reflected a simple state in time rather than a truth I might try to seek and fulfill.

Manouso Manos is one of the most capable and experienced of the senior Iyengar yoga teachers. He began his studies with Sri B.K.S. Iyengar in 1976 and holds one of only two Advanced Senior certificates granted worldwide by B.K.S. Iyengar.

Manouso's language was specific. It was clear he stayed away from certain words, yet brought us closer to the point by this elimination of superfluity. After all, our practice is to discriminate and cultivate our essence, what worked in the beginning develops a new story for the present.

The way we practised poses was reaching, what I would take as a therapeutic approach, but certainly he never claimed this directly as a therapy or medical class. He only wanted us to be seekers. Seeking a new variation to our steadfast practice. Asking us to ask our bodies to go after a new segment, to include a new idea, to embrace another truth.

The legend of and the legendary Manouso Manos has certainly earned that pedestal we place him on, yet more to the heart of the matter, it seems he carries those titles without the victory horn we as students blow for him. His ability to take a position without taking a position is equally harmonious as it is something to aspire to.

Thank you, Manouso.

Bringing The Knowledge Home – professional development in Victoria

Leslie Hogya describes for us how several teachers who attended a conference shared the knowledge they had gained with other teachers in the community.

Several times over this past year, the teachers from up and down Vancouver Island and the Gulf Islands have gathered at the Iyengar yoga centre in Victoria for professional development. BKS Iyengar asked us to study and learn together, to be in association. These professional development days strive to keep us linked to Gururji's work.

On May 13 2017, we were led by a group of our local teachers who had attended a conference with Abhijata, Gururji's granddaughter in Boca Raton the previous year. This conference, attended by 1200 people, had been organized by the Iyengar Yoga Association of the United States. Our leaders for the day worked together to give a taste of Abhijata's teaching.

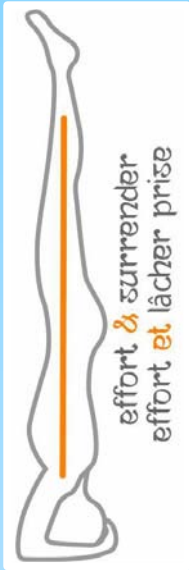


The theme of the Boca Raton conference was the *Periphery to the Core and the Core to the Periphery*. Throughout the day, the session leaders quoted Abhi and Gururji which helped inspire us to lift our knee caps even more and turn our front leg completely from the root of the thigh.

Ahead of time, we were asked to read the interview with Geeta Iyengar that was published for the Boca Raton conference magazine. Fortunately, this two-part interview appeared in the winter and spring issues of the Victoria newsletter. Geeta was most frank about her practice, her health and life with a yoga master who was also her father. Find these articles on the Iyengar Yoga Centre of Victoria web site (www.iyengaryogacentre.ca). Read and re-read this inspiring interview. Thanks to Roger Champagne, our editor, for publishing this.

We thank Sheri Berkowitz, Adia Kapoor, Jayne Jonas and Robin Cantor for their coherent presentations. And also thank you to Angie Polard for giving her perspective as a student attending her first conference.

One of the inspiring quotes from Gururji: *Watch how you jump the legs apart, you must be aware of the edges of the mat. Check the feet in relationship to the mat. That is why the mat has to be straight. Our mind and brain are trained to think with a pattern. We think this is intelligence. This is the only way the brain is equipped to learn. The brain needs a reference. The core the self can look at absolutes, but the brain needs a reference which is why we place the mat correctly – to reference a pattern. The brain works in patterns, only a yogi, the core of a yogi can see things in absoluteness.*

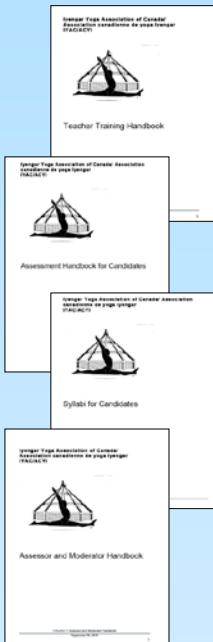


**IYAC/ACYI
CONFERENCE
19-22
OCTOBER
2017**

Kelowna BC

Registration is full for the 2017 conference. To put your name on the waiting list, go to the registration page on the IYAC/ACYI website.

The 2018 conference will be held in Ottawa 11 to 14 October.



IMPORTANT NOTICE: Updated Assessment and Teacher Training Handbooks

The assessment handbooks (*Assessor and Moderator Procedures* and the *Assessment Procedures for Candidates*) as well as *Teacher Training*, have been revised and posted in both English and French on the IYAC/ACYI website under the Documents section – Assessment Documents. These handbooks contain all of the changes, corrections and new information from the Senior Teachers discussions at Professional Development Committee meetings at the 2016 Annual General Meeting, as well as from the recent senior assessments. The *Syllabus* remains unchanged.

Please refer to the posted July 2017 version of these documents and delete any older editions. It is likely that a few further changes might be made after the AGM in October. Members will be informed if this is the case.

Linda Shevloff

**WELL
DONE!**



RECENT ASSESSMENTS



**Intermediate Junior I
Ottawa ON
09-11 June 2017**

- Nozomi Morimoto, Toronto ON
- Nasim Behrouzmehr, Montréal QC
- Mary Mohamed, Markham ON
- Barbara Lee, Calgary AB
- Gesine Montgomery, Saskatoon SK
- Karen McKinnell, Toronto ON
- Rajendra Patel, North York ON
- Jennifer Zelmer, Toronto ON

**Intermediate Junior II
Vancouver BC
09-11 June 2017**

- Michelle Hagenson, Masset BC
- Marilyn Shepherd, Victoria BC
- Vivek Mehta, Calgary AB
- Luci Yamamoto, Vancouver BC
- Terri Damiani, Vancouver BC
- Roberta Vommaro, Vancouver BC
- Corrine Skrobot, Vancouver BC
- Lisa Lelliot, Bridgewater NS

FEEDING THE YOGIS



*Abha Humeniuk
from Tiny ON offers
us yet another tasty
recipe.*

HARIRA SOUP FROM MOROCCO

Ingredients:

- 2 medium onions, chopped
- 5 tbsp good quality oil for sautéing
- 1 tbsp peeled and grated fresh ginger
- 1/2 tsp turmeric
- 1/4 tsp cinnamon
- 1 lb fresh peeled, chopped tomatoes (canned, optional)
- 2 pints of water or chicken stock
- 110 mgs chickpeas soaked overnight or 1 can of chickpeas
- 2 sticks celery and leaves finely chopped
- 1 large white radish (daikon), peeled and cubed
- 3 tbsp finely chopped parsley
- 2 tbsp finely chopped fresh cilantro
- Salt and pepper to taste
- 2 oz rice, washed and drained
- Juice of 1/2 lemon

Method:

- In a large saucepan, heat vegetable oil and sauté onions until golden in colour.
- Add ginger, turmeric and cinnamon and sauté together briefly.
- Mix in tomatoes.
- Later add water or chicken stock. Bring to a boil.
- Add all remaining ingredients except rice and lemon juice.
- Simmer for one hour until chickpeas are tender.
- Add rice and cook for another 15 minutes.
- Finally squeeze in the lemon juice.

Harira is the soup that traditionally ends the daily fast during Ramadan in North Africa. The firing of the cannon at sunset is the signal for the long-awaited meal to start, along with all kinds of street festivities.

UPCOMING EVENTS

EVENT	DATE/LOCATION	FOR MORE INFORMATION
Student Enrichment Program (L 1, 2)	01 Jan - 30 Sep 2017 Calgary AB	sharoni@calgaryiyengarvoga.com
Student Enrichment Program (L 2, 3)	01 Jan - 30 Sep 2017 Calgary AB	sharoni@calgaryiyengarvoga.com
Going Deeper with Louie Ettling	9 Friday sessions Vancouver BC	thevogospacevancouver@gmail.com
Student Retreat - Pose and Repose	01-05 Aug 2017 Afton BC	doubledlight@gmail.com
Summer Practice Intensive with Sharoni Fixler (L 1, 2, 3)	11-13 Aug Calgary AB	sharoni@calgaryiyengarvoga.com
Intensive for Certified Teachers with Shirley Daventry French, Ann Kilbertus, Louie Ettling	14-18 Aug 2017 Victoria BC	iyoga@telus.net
Summer Workshop in the Mountains	18-20 Aug 2017 Fernie BC	samlloyd.voga@gmail.com
Student Intensive with Lauren Cox, Ty Chandler	28 Aug - 01 Sep 2017 Victoria BC	iyoga@telus.net
4-day Morning Intensive with Marlene Mawhinney	05-08 Sep 2017 Toronto ON	voga@vogacentretoronto.ca
Edwin Bryant Philosophy Workshop	15-17 Sep 2017 Ottawa ON	welcome@pathwayvoga.ca
Special Needs/Practices Training, Judi Mirus	15-16 Sep 2017 Edmonton AB	jj.mirus@gmail.com
Weekend Workshop with Louie Ettling	22-24 Sep 2017 Edmonton AB	teddy.hyndman@gmail.com
Workshop with Marlene Mawhinney (L 3, 4)	23 Sep 2017 Toronto ON	voga@vogacentretoronto.ca
Workshop with Louie Ettling	29-30 Sep 2017 Whitehorse YT	mariastellapatera@gmail.com
7-week Sadhana with Louie Ettling	06 Nov - 22 Dec 2017 Vancouver BC	thevogospacevancouver@gmail.com
Weekend Intensive with Marlene Mawhinney	19-21 Jan 2018 Edmonton AB	jj.mirus@gmail.com
Going Deeper with Louie Ettling	02 - 04 Feb 2018 Montréal QC	tim@planetvoga.ca
Retreat - Puerto Vallarta Mexico	24 Feb - 03 Mar 2018	frema@familyvoga.ca
Retreat Intensive with Ty & Sharoni (L 1, 2)	03-10 Mar 2018 Mexico	sharoni@calgaryiyengarvoga.com
Retreat Intensive with Ty & Sharoni (L2,3,4)	10-17 Mar 2018 Mexico	sharoni@calgaryiyengarvoga.com
Retreat - Thailand with Linda Shevloff	01-10 May 2018	ldshevloff@gmail.com

OPPORTUNITIES FOR DEEPER STUDY

UPCOMING TEACHER ASSESSMENTS

Introductory II
29 Sep - 01 Oct 2017 Abbotsford BC *
03-05 Nov 2017 Ottawa ON
19-21 Jan 2018 Nanaimo BC
16-18 Mar 2018 Kelowna BC
14-16 Sep 2018 Calgary AB
02-04 Nov 2018 Fredericton NB
09-11 Nov 2018 London ON

Intermediate Junior I
29 Sep - 01 Oct 2017 Abbotsford BC *
28-30 Sep 2018 Winnipeg MB

Intermediate Junior II
<i>date and location to be advised</i>

Intermediate Junior III
17-19 Nov 2017 Toronto ON

* running concurrently

OTHER EVENTS

IYAC/ACYI Annual Conference & AGM	Centenary Celebrations of BKS Iyengar's Birth
19 to 22 October 2017 Kelowna BC	15 Dec 2017 to 14 Dec 2018
11 to 14 October 2018 Ottawa ON	

IYAC NEWSLETTER

LES NOUVELLES DE L'ACYI

SUBMISSION GUIDELINES

DIRECTIVES POUR LA SOUMISSION D'ARTICLES

PROCHAINE
ÉDITION
AUTOMNE 2017

NEXT ISSUE
AUTUMN 2017

This is your newsletter. It will be what you make of it. We welcome feedback on the newsletter and, more importantly, your contributions.

What do you think other IYAC/ACYI members would like to read about? That is what you should be contributing, either in English or en Français. In addition to the topics found in the current newsletter, possible contributions could include recipes, interviews, heart-warming stories about interaction with your students, visits to Pune or to Iyengar yoga schools in other countries, why you decided to become an Iyengar yoga teacher. The list could go on and on!

A few things to keep in mind:

- Please keep submissions to under 500 words.
- Please make submissions in an editable format (i.e., not in .pdf format).
- Photos should be in .jpg format, and should be identified as to subjects, occasion, location, date, and photographer (we will give a photo credit).
- Please include your name, location and a short bio.
- Please note that we may edit the submission for length or to fit it to a page.
- We may decide to hold your submission until a future newsletter to accommodate space constraints or to group articles into themes (we will advise you of this).
- While we welcome all submissions from members, there may be some situations where the newsletter is not the appropriate vehicle for a particular item (we will discuss this with you).
- There is no classified section, so ads or items for sale are not generally accepted.

All submissions, and any questions, should be sent to the editor at m.c.carpentier@sympatico.ca. We also welcome comments, feedback and suggestions.

The newsletter is published four times per year. The **submission deadline** for the next issue is **31 October 2017**.



**Iyengar Yoga Association of Canada /
Association canadienne de yoga Iyengar**