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Yoga Samachar

IYENGAR YOGA NATIONAL ASSOCIATION OF THE UNITED STATES

Spring/Summer 2015

THE ART, SCIENCE AND PHILOSOPHY OF IYENGAR YOGA

PLUS:
YOGANUSASANAM
LIGHTING THE WAY
BELLUR TRUST

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YOGA SAMACHAR’S MISSION

Yoga Samachar, the magazine of the Iyengar Yoga community in the United States and beyond, is published twice a year by the Communications Committee of the Iyengar Yoga National Association of the United States (IYNAUS). The word *samachar* means “news” in Sanskrit. Along with the website, www.iyngaus.org, *Yoga Samachar* is designed to provide interesting and useful information to IYNAUS members to:

- Promote the dissemination of the art, science, and philosophy of yoga as taught by B.K.S. Iyengar, Geeta Iyengar, and Prashant Iyengar
- Communicate information regarding the standards and training of certified teachers
- Report on studies regarding the practice of Iyengar Yoga
- Provide information on products that IYNAUS imports from India
- Review and present recent articles and books written by the Iyengars
- Report on recent events regarding Iyengar Yoga in Pune and worldwide
- Be a platform for the expression of experiences and thoughts from members, both students and teachers, about how the practice of yoga affects their lives
- Present ideas to stimulate every aspect of the reader’s practice

YOGA SAMACHAR IS PRODUCED BY THE IYNAUS PUBLICATIONS COMMITTEE

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Members can submit an article or a practice sequence for consideration for inclusion in future issues. Articles should be well-written and submitted electronically. The *Yoga Samachar* staff reserves the right to edit accepted submissions to conform to the rules of spelling and grammar, as well as to the *Yoga Samachar* house style guidelines.

Submissions must include the author’s full name and biographical information related to Iyengar Yoga, along with email contact and phone number.

Submission deadline for the Spring/Summer issue is March 1. Submission deadline for the Fall/Winter issue is Aug. 1. Please send queries to yogasamachar@iyngaus.org one month prior to these deadlines.

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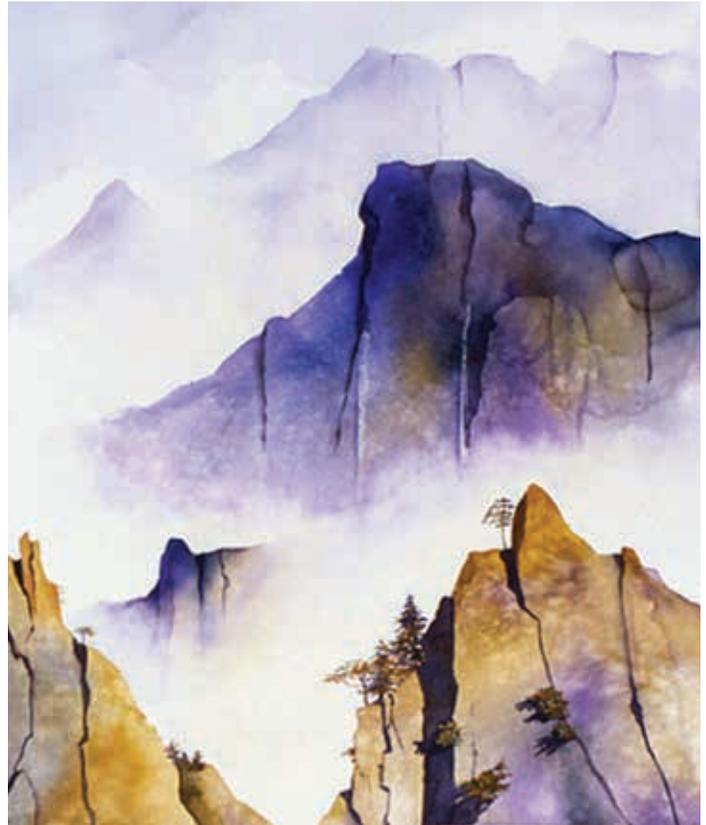
Yoga Samachar is now accepting paid advertising. Full-page, half-page and quarter-page ads are available for placement throughout the magazine, and a classified advertising section is available for smaller ads. All advertising is subject to IYNAUS board approval. Find the ad rates at www.iyngaus.org/yoga-samachar. For more information, including artwork specifications and deadlines, please contact Rachel Frazee at rachel@yogalacrosse.com or 608.269.1441.

“At heart, both art and yoga grace me with space and breathing room for the spirit... When I calm my body, I calm my mind and start the free flow of imagination. When my mind is hijacked by thoughts of the everyday, my creativity is hijacked too. Yoga has taught me through *asana* and through the breath to slow down, quiet the mind, and awaken the spirit...

“The *sutras* tell us that the goal of yoga is to bring your attention to one single point. Painting teaches me to focus my attention on the brushstrokes of the canvas in front of me. In fact, you have to focus or the result is a mess!

“I have also learned that neither the study of yoga nor the study of painting will ever end. I’ll never know it all. Renoir’s last words about painting, at the age of 78, were, ‘I think I’m beginning to learn something about it.’ I’ve come to understand that observing how I react to the frustration and embarrassment of repeated attempts at a pesky pose is the practice itself. This understanding has helped me when the resolution of a creative project is maddeningly elusive. I’ve learned through yoga to breathe, relax, stay detached, and stop the self-talk of limitations.”

—Dory Kanter, painter, Portland, Oregon



Dory Kanter, *Misty Mountains*, watercolor on paper.
© 2015 Dory Kanter, www.dorykanter.com

“Yoga and writing poetry came springing up together in my life nearly 40 years ago, and each continues to be an essential wonder and a help to the other. A voice is embodied! To listen inwardly, to hear a live voice within, and to begin to write from a flow of sounds, rhythms, and images that surprise and spur me on to explore new territory in a poem: All of this happens most frequently when I’m deeply at ease in my body.

“Any mindful practice of yoga—three handstands or a week’s intensive—can spark the muses, but an ongoing practice—continually growing and cultivating a calm mind, open heart, and strong body—is what, for me, feels needed to keep inspiration fresh in my life.

“A new poem, from start to revision after revision to finish, lightens me, gives back insight. The whole creative process encourages me to keep my yoga practice a discipline and a delight.

“To clarify, deepen, and expand awareness of the intricate harmonies of body and mind—that’s what we’re born for, we yogis!”

—Rosie King, poet, Santa Cruz, California

“The physical part of creating fused glass and watercolors is harder on the body than most people realize. Physically, yoga helps me, and mentally and spiritually, it balances me. Yoga practice and teaching are creative acts for me.”

—Josie Lazarus, glass artist, watercolor painter, Gilbert, Arizona