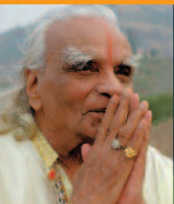


# IYENGAR® YOGA (UK)



[www.iyengaryoga.org.uk](http://www.iyengaryoga.org.uk)

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## MORE INFORMATION/CONTACT

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**Phone:** +0044 (0)7510 326997

**Search for teachers, classes and join IY (UK) at:**

**[www.iyengaryoga.org.uk](http://www.iyengaryoga.org.uk)**

**Twitter:** @UKIYENGARYOGA

**Facebook:** [www.facebook.com/iyengaryogauk/](http://www.facebook.com/iyengaryogauk/)

**Instagram:** @iyengaryoga\_uk

**B.K.S. Iyengar Official Website:**

**[www.bksiyengar.com](http://www.bksiyengar.com)**

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p.6 & 7, West Suffolk Iyengar Yoga Centre



*Welcome to this booklet. We hope to explain various aspects of yoga, and Iyengar yoga in particular, in the United Kingdom.*

## WHAT IS IYENGAR YOGA?

**Yoga is one of the oldest systems of personal development in the world. Its aim - to balance the body, mind and spirit – was formulated by ancient yogis. They understood our essential human nature and realised a way to use our inner resources to live in harmony with ourselves and the environment.**

Yoga asanas (poses) and pranayama (awareness of the breath) aim to reach all the muscles, nerves and glands of the body and promote physical and mental health.

Iyengar yoga uses the ancient techniques of yoga, as understood and practised over many years by Yogacharya Sri B.K.S. Iyengar of Pune, South India. In his many world-renowned books he systematised over 200 postures and breathing techniques and their anatomical background.

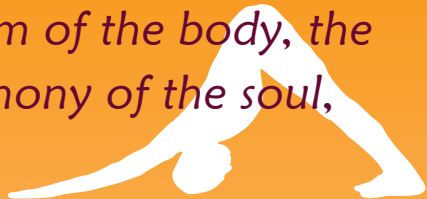


He showed how the various parts of the body can be positioned correctly so that each individual part, as well as the physiological system can function to their best potential. The Iyengar method is a challenge to the intelligence as the mind needs to focus on awareness in, and of, the posture. Body and mind are stretched beyond their everyday limits and begin to act in unison.

The idea of meditation in action is a keynote of the Iyengar system. Being totally aware and absorbed in the poses as they are being done is meditation: body and mind communicate at a subtle level and are harmonized. The Iyengar method is not just a sophisticated form of physical exercise and deep breathing. It is a spiritual practice aimed at integrating mind, body and inner self.

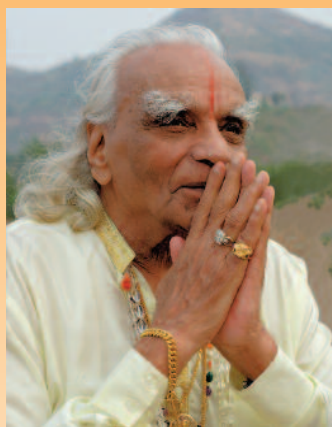


*“Yoga is like music: the rhythm of the body, the melody of the mind, and harmony of the soul, create the symphony of life”*



## B.K.S. IYENGAR

The world's most widely practised form of yoga is that developed by Yogacharya Sri B.K.S. Iyengar. Born on December 14th 1918 in Bellur, South India, he studied and practised yoga continuously for over 70 years. Mr. Iyengar's thorough study, understanding and mastery of yoga are unrivalled in modern times. He began his worldwide reputation through being invited to the UK 1954 to teach Yehudi Menuhin, the great violinist, and thereafter refining his experience of yoga in his classic textbook 'Light on Yoga' (1966).



He taught in all five continents and has won international respect and recognition for his achievements, making yoga accessible and relevant to people everywhere, no matter what their physical or mental ability. In particular, he is well-known for developing the therapeutic application of the postures as he devised ways of modifying the poses for the benefit of people with

disabilities. He was honoured in his own country of India, and Time Magazine listed him as one of the most influential men of the 20th Century.

Mr. Iyengar founded and directed the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India, (opened in 1975). Following his death in 2014, his daughter Dr. Geeta and son Sri. Prashant Iyengar now direct and run the Institute. Many of the world's Iyengar yoga teachers travel regularly to the RIMYI for a monthly cycle of classes intended to renew and deepen their understanding of their own yoga practice. Teachers who studied directly under Mr. Iyengar regularly visit the UK and other parts of the world. There are thousands of qualified Iyengar yoga teachers in over 40 countries with over 18 Iyengar yoga associations worldwide.





*'A lamp does not flicker in a place where no wind blows; so it is with a yogi, who controls his mind, intellect and self...' -The Bhagavad Gita*

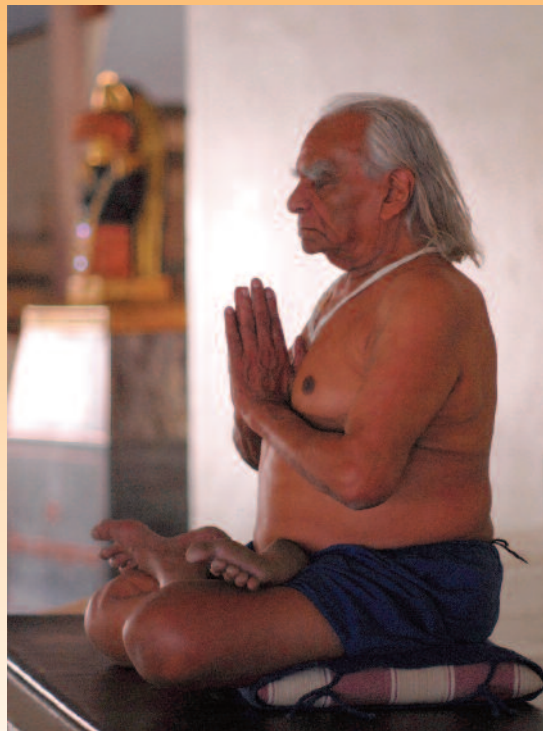
## WHAT IS YOGA?

**'Yoga' is a word which comes from the Sanskrit word 'yuj' which means to 'join together' or concentrate attention. Yoga is one aspect of Indian philosophy and the first text on the subject is seen in the classical work, 'Yoga Sutras' of Patanjali, a book of 185 short passages.**

Patanjali, seen as the 'father of Yoga' was philosopher of the 2nd century BC. In Indian thought, life is seen as permeated by a Supreme Universal Spirit of which the individual human spirit is a part. Yoga shows the way in which the individual can be united with the universal, and therefore attain liberation from the fluctuations that life brings.

In a major text on yoga philosophy, the 'Bhagavad Gita', there is an explanation of this 'union'. 'A lamp does not flicker in a place where no winds blow; so it is with a yogi, who controls his mind, intellect and self, being absorbed in the spirit within... when the restlessness of the mind, intellect and self is stilled through the practice of yoga, then there is fulfilment. ....One who achieves

this cannot be moved by the greatest sorrow. This is the real meaning of Yoga – deliverance from contact with pain and sorrow.'



*There are over 1000 qualified Iyengar yoga teachers in the UK and they teach thousands of students all over the country at different levels of classes.*

## IYENGAR YOGA TEACHERS

**After a minimum of three years in an Iyengar yoga class as a student, if you feel that teaching is for you, and on your teacher's recommendation, you can begin the 120-hour Teacher Training course run at a number of local Institutes around the country.**



These two-year, part-time courses are taught by senior teachers and you will take a day-long assessment for the Introductory Certificate. Trainee teachers will also gain teaching experience by helping qualified teachers in their classes.

Once qualified, teachers will hold an approved Iyengar yoga teaching certificate, and be able to use the well-known Iyengar Yoga Certification Mark or logo, which shows B.K.S. Iyengar in the pose of Natarajasana. This is the pose of Lord Siva in the cosmic dance, against the triangular outline of the Institute in Pune. B.K.S. Iyengar introduced this Mark to make it clear who is qualified to pass on some understanding of his work. Anyone joining an Iyengar yoga class can be certain that the teacher is properly trained and qualified and will share the benefits of Iyengar yoga with others.

We all feel that the kind of yoga we do is the right one for us. Followers of B.K.S. Iyengar's methods are no exception. Many of us have witnessed the extraordinary effects that the correct practice of yoga can bring to our health and well-being, physically and spiritually, even if we have significant medical challenges. The choice of the word 'correct' is important, as yoga is a powerful tool and can be used well or badly.



*Iyengar Yoga (UK) provides a network of information about Iyengar yoga and yoga events in the United Kingdom.*

## OUR UK ORGANISATION

Iyengar Yoga (UK) is a limited company constituted to maintain and spread the standards and teaching of Iyengar yoga. It is a democratically elected group of officers and representatives from the 20 Member Institutes and 18 Affiliated Centres of Iyengar yoga in the UK and Ireland. It is just one of many Iyengar associations worldwide, all of which are branches of the mother Institute in Pune, India.



The Institutes themselves are non-profit-making membership organisations committed to promoting the practice and philosophy of Iyengar Yoga in their areas. All of them offer a wide range of classes and workshops for all levels of yoga, led by qualified teachers with years of experience. Details of an Institute in your area can be found on pages 8 and 9.

Iyengar Yoga (UK) oversees all teacher training and assessment via its sub-committees, and amongst many things, runs a large yoga convention in a different part of the country every year, led by internationally-known teachers. We publish a twice-yearly full-colour magazine with relevant and useful articles. We maintain good communication with our Institutes and teachers, and initiate and respond to queries on the ethics and practice of yoga in the national media.

All officers and representatives volunteer their time to disseminate the teachings of Iyengar yoga and the committee meets three times each year in the north and south of the UK.



*All Iyengar yoga teachers in the UK have completed a minimum of five years of training, including a rigorous two-year teacher training course.*

## OUR TEACHERS & THEIR CLASSES

**There are currently over 1000 Iyengar Yoga teachers in the UK and Ireland, and each year new teachers qualify or upgrade their Introductory teaching certificate. All Iyengar yoga teachers undertake well-balanced training in the postures and philosophy of yoga, as well as anatomy.**

After passing the Introductory level assessment, teachers can then continue their understanding of yoga by taking further levels: Junior Intermediate, which has three separate levels and would normally take a further 3-5 years; and Senior Intermediate levels 1, 2 and 3, with again a further minimum of 3-5 years of deeper understanding of yoga.

As a new student, your teacher would have at least an Introductory certificate for a beginners' class or general class for those new to yoga. For students who want to take their yoga further, the teacher would hold the Junior Intermediate or Senior Intermediate certificate. Students who suffer



from certain medical conditions or injury would attend classes run by teachers with these higher qualifications.

In all classes you will learn from a carefully graded syllabus of postures, so that stability and endurance in the poses comes without strain or injury. Pranayama (breath control) is introduced gradually. B.K.S. Iyengar once said that his yoga is not 'fast-yoga' as in 'fast-food'. Yoga takes time to be understood, take practice and determination, and there is no rush.





*Yoga can provide relief from chronic health problems, including skeleto-muscular, circulatory, digestive and respiratory disorders.*

## RESEARCH & BENEFITS OF YOGA

**Iyengar yoga is well known for its beneficial effects on posture and mental and physical wellbeing. The systematic practice of yoga postures and Pranayama (breath control) involved in Iyengar yoga makes it a method that is suitable for everyone. Iyengar yoga can also involve specific sequences in order to maximise beneficial effects.**

Yoga can have many health benefits which are well-documented, including:

- Alleviating aches and pains, especially lower backache
- Augmenting memory, focus, concentration and balance
- Decreasing stress, depression, anxiety and emotional problems
- Delaying the ageing process
- Helping in weight loss
- Improving the circulation of blood and oxygen all over the body
- Increasing strength, stamina, immunity, awareness and flexibility
- Lowering the risks of heart disease
- Promoting better sleep, moods and appetite
- Reducing respiratory problems by improving respiratory function

The props used in Iyengar yoga can offer added benefits, which include:

- Aiding in faster recovery from an injury
- Applying less amount of stress on the muscles
- Improving precision and alignment

As well as helping students gain flexibility and strength, Iyengar yoga is useful in the management of certain health conditions. Many studies have shown positive outcomes in control groups. In the last 15 years, over 50 peer review studies have been undertaken in many countries, ranging over a wide variety of conditions.

The sheer volume of this research is testament to the impact of B.K.S. Iyengar's teaching on the world.



*Member Institutes are non profit-making organisations committed to promoting the practice and philosophy of Iyengar yoga in their areas.*

## MEMBER INSTITUTES

Join for local membership benefits as well as membership of IY (UK)

	<b>Avon Iyengar Yoga Institute</b> www.aiyi.org.uk Kirsten Agar Ward kirsten@bath-iyengar-yoga.com
	<b>Bradford and District Iyengar Yoga Institute</b> www.bdiyi.org.uk Alan Brown 01535 637359
	<b>Cambridge Iyengar Yoga Institute</b> www.cambridgeyoga.co.uk Sasha Perryman 01223 515929
	<b>Dorset and Hampshire Iyengar Yoga Institute</b> www.dhiyi.co.uk/ Helena Chiu info@dhiyi.co.uk
	<b>Dublin Iyengar Yoga Institute</b> www.iyengaryogainstitute.com Beccy Cameron 00353 86 0620660 (texts only)
	<b>East of Scotland Iyengar Yoga Institute</b> www.esiyi.co.uk Isabel Page 07792 601198
	<b>Foyle Institute of Iyengar Yoga N. Ireland</b> Evelyn Donnelly evelynyoga@hotmail.com 07738 067290
	<b>iYoga Glasgow</b> www.iyogaglasgow.co.uk Valerie Miller vjmiller7882@gmail.com
	<b>Institute of Iyengar Yoga in Sussex</b> www.iiys.org.uk/ Cathy Rogers Evans cathyrogersevens@gmail.com



	<b>Kent Iyengar Yoga Institute</b> <a href="http://www.kentyoga.org.uk">www.kentyoga.org.uk</a> Kathy McCarthy 01732 465241
	<b>Liverpool Iyengar Yoga Institute</b> <a href="http://www.yoga-studio.co.uk">www.yoga-studio.co.uk</a> Judi Soffa 0151 709 4923
	<b>Manchester and District Institute of Iyengar Yoga</b> <a href="http://www.mdiiy.org.uk">www.mdiiy.org.uk</a> Janice Yates 0161 683614
	<b>Midland Counties Iyengar Yoga Institute</b> <a href="http://www.mciyi.co.uk">www.mciyi.co.uk</a> Prabhakara 01214 490413
	<b>Munster Iyengar Yoga Institute</b> <a href="http://www.miyoga.org/">www.miyoga.org/</a> Eilish Boyle boyleyoga@gmail.com
	<b>North East Institute of Iyengar Yoga</b> <a href="http://www.iyengaryoganortheast.co.uk">www.iyengaryoganortheast.co.uk</a> Gael Henry 0191 4775804
	<b>North East London Iyengar Yoga Institute</b> <a href="http://www.neliyi.org.uk/">www.neliyi.org.uk/</a> Louise Leonard 07939 901515
	<b>Oxford and Region Iyengar Yoga Institute</b> <a href="http://www.oriyi.org.uk/">www.oriyi.org.uk/</a> Mary Fitzpatrick 01635 40052
	<b>Sheffield and District Iyengar Yoga Association</b> <a href="http://www.yogasheffield.org">www.yogasheffield.org</a> Lorraine Bonete 0114 2362115
	<b>South West Iyengar Yoga Institute</b> <a href="http://www.swiyengaryoga.org.uk/">www.swiyengaryoga.org.uk/</a> Jane Lane 01326 319809
	<b>South West London &amp; Surrey Iyengar Yoga Institute</b> <a href="http://www.swlsiyi.org.uk">www.swlsiyi.org.uk</a> Jane Howard 07504 126078



# MEMBERSHIP

**Join IY (UK) via one of the Institutes listed on pages 8 and 9 and receive the following membership benefits:**

- Twice-yearly Iyengar Yoga News magazine with articles by leading Iyengar yoga teachers
- Up to date news about Iyengar yoga
- Up to 15% off yoga equipment at Yogamatters.com
- Eligibility to book a place at our Annual Convention
- Access to Members area of our website
- Option to subscribe to Yoga Rahasya, the official quarterly magazine produced by the Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune and the Light on Yoga Research Trust (LOYRT), Mumbai, India

**Join at: [www.iyengaryoga.org.uk/join](http://www.iyengaryoga.org.uk/join)**

