

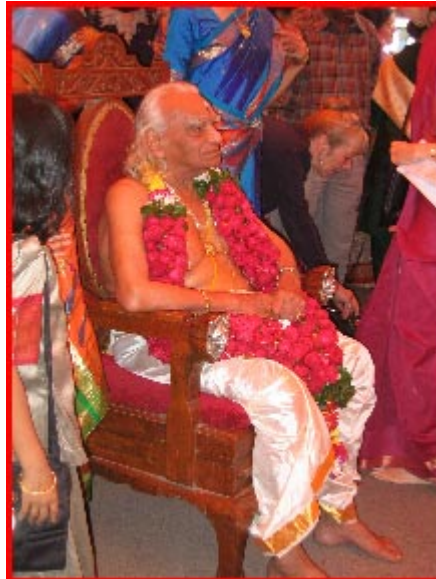


Ramamani Iyengar Memorial Yoga Institute (RIMYI) and Light on Yoga Research Trust, India

Yogadoot now enters its second year of publication. We take this opportunity to wish all our readers a **HAPPY NEW YEAR** and a year free of obstacles as you pursue your yogic sadhana. **Yogadoot** was started with an intention to keep the large family of Iyengar Yoga updated about the happenings in India. It was intended to serve as a newsletter. However, following the responses from our readers, we also felt that this medium should be used to leave behind thoughts for one to contemplate and deliberate on; give small clues to help improve our practices; clear misconceptions that percolate as the popularity of yoga increases. We invite feedback from our readers so that the messages received through this messenger make a difference to you in your yogic journey through this life.

Guruji's 85th birthday celebrations

Guruji generously gave the nectar of his *sadhana* of 70 years to his students on the eve of his 85th birthday. The weeklong celebrations comprised of presentations by Guruji where he demonstrated how one can attain *atma darshan* (glimpse of the soul) through *antar dhyana* (internal meditation) in *asana*. He started with the gross body and it was astonishing how by the end of the session we observed how the *asanas* could



be performed by the *atman*. The audience of about 250 students, most of who were long time practitioners were astounded by this tantalizing subject and the depth to which one could penetrate through the medium of *asanas*. The presentation clearly gave us a direction towards which one should work in our *sadhana*. Every evening, Prashantji gave an exposition recapitulating Guruji's morning presentation.

The entire programme has been recorded and available as a set of 12 video CDs and 9 audio CDs.

Annual Day Celebration

The 29th anniversary of the RIMYI was celebrated on the last weekend of January. On Saturday evening Prashantji shed light on the known and unknown aspects of Ashtanga Yoga. Most often, we see only the explicit meaning while he explained the implied purport behind our practices. An eye-opener indeed!

Sunday morning was devoted to evolution in one's practice in backward bending *asanas*. Geetaji explained how one could use the different props, how one can alter one's sequence of practice to learn how to perform back bending *asanas* with ease. The audience was totally engrossed with the logic behind back bend practice!

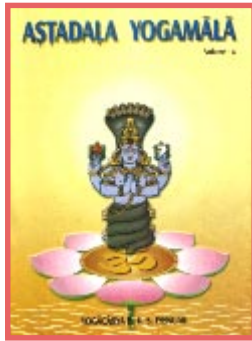
Quotable Quotes

Nothing is achieved by a mind that doubts !

Use each experience as a stepping stone .

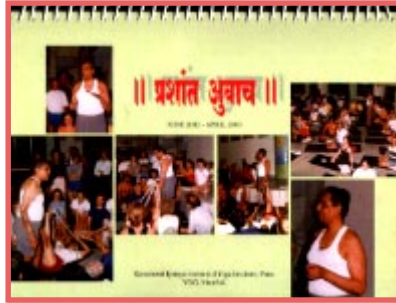
-- Gururaj B K S Iyengar

New Releases



Astadala Yoga Mala 4

The fourth volume of the collected works of Gururji is a compilation of question answer sessions with Gururji from 1958 to 1984. Answers to personal, practical and philosophical questions.



Prashant Uvacha

This book in English is a transcript of the Tuesday evening classes conducted by Prashantji at RIMYI. Gives different philosophies, paradigms and sequences that have been taught during the academic year 2002-2003.



Yoga Rahasya 11.1; 2004

YR continues with its enlarged version started in 2003. It has more visuals now. This issue mainly focuses on Gururji's teachings during his 85th birthday along with some interesting archival notes.

Bellur: The Model Village

Bellur, the village in the state of Karnataka has nothing else to boast off except being the birthplace of Bellur Krishnamachar Sundararaja Iyengar. However, Gururji has taken upon himself to give back to his roots and transform the lives of the residents especially the children of this village. He, his family and students have formed a charitable Trust.



A typical house in Bellur



Handing over the keys of the yoga hall to the locals

The primary objective of this Trust is undertaking educational, cultural, social and health related projects pertaining to the upliftment of Bellur and other such backward villages. Work has already started and Gururji himself has donated very generously for the cause. All the proceeds from his teachings during his 85th birthday have gone for this cause. We hope that Gururji's dream of making Bellur a model village will soon be realized. Already a yoga hall has been built and the locals are enthusiastically attending the classes. Donations are welcome.

www.bksiyengar.com

This site has been redesigned - a new look, more features, more visuals, more content.

Feedback

Please send your feedback on *Yogadoot* and your suggestions to info@bksiyengar.com

Practical Hint Virabhadrasana III



It is often difficult to balance in *Virabhadrasana III*. In our enthusiasm and primary objective to attain balance, we tend to shift our weight to the front of our foot, which is on the floor. In the process, we find that our hands keep on taking the support of the floor. To attain good balance in this *asana*, one should learn how to shift the weight to the back edge of the heel and observe how easy it is to retain balance.

Location of *vayas*

udana: region of the throat
prana: the thoracic region
samana: the abdominal region
apana: the pelvic region
vyana: prevails right through the body. Can be observed from the lateral sides of the chest.