



GWSIYI.org

## Glasgow & West of Scotland Iyengar Yoga Institute

### Newsletter no. 3: January 2007

#### Invitation to all members: GWSIYI Committee Membership

Unfortunately, we've had 2 resignations from committee, Fiona Dewar and Roger Parker, whose contributions will be greatly missed.

I'd like to invite any members who are able and willing to serve on committee from now until the AGM on Sunday 13 May to please contact me (or a fellow committee member) to discuss informally and clarify what's involved. As it is a committee of members, it needs a broad input.

#### **Andy Brennan, Chair**

(brennanfagan@onetel.net; 0141 889 4571)

#### Annual General Meeting

Our AGM is open to all members, and will be held on Sunday 13 May at the Western Baths Club, Cranworth Street, Glasgow between 2pm and 4pm.

Join us for a **free** one hour class led by Liz Sumner, Fiona Cunninghame and Andy Brennan, then after the business for **tea and cake!**

#### Health & Safety Matters

Legislation is planned for next year to require that all fitness instructors and yoga teachers will need to have a first aid qualification on a course approved by the Health & Safety Executive.

First aid courses were held in Glasgow and Edinburgh by an experienced paramedic who is also an Iyengar yoga teacher, and most of the GWSIYI teachers attended.

It has always been good practice for teachers to ask new students if they have any medical problems. It is now recommended that teachers ask all their students to complete a declaration form, in confidence, disclosing any serious medical condition like diabetes or epilepsy.

This is so the teacher can recognise a problem if it occurs, and take appropriate action.

So your teacher may ask you to complete a form, but he or she will not reveal its content to anyone else.

#### Forthcoming GWSIYI Workshops

4 March 2007	Neil Gillies
29 April 2007	Lyn Farquar
26 & 27 May 2007	Elaine Pidgeon & Meg Laing
November 2007	Patrick & Dominique Leroy

Details will be appearing on our website - [www.gwsiyi.org](http://www.gwsiyi.org)

Full details of the workshops are given on our website.

Remember you'll get a discount on the workshops if you're a GWSIYI member – and some other organisers give discounts too.

#### ESIYI Workshops

Our sister organisation in Edinburgh (ESIYI) also has an exciting programme – their website is [www.eastofscotlandyoga.org](http://www.eastofscotlandyoga.org)

Its not too far to travel, especially if you car share.

#### Other Workshops

14 April 2007	General workshop Margaret Austin
15 April 2007	Teachers Professional Development Day

Contact [helenyoga.glasgow@yahoo.co.uk](mailto:helenyoga.glasgow@yahoo.co.uk)

#### Volunteers Needed!

We need your help - we would like volunteers to assist Bonar and Valerie in planning our programme. Your ideas and feedback are vital! A couple of brief meetings is all it involves.

Contact Valerie on 339 0442, or Bonar on 427 4077 or by emailing [gwsiyi\\_info@yahoo.co.uk](mailto:gwsiyi_info@yahoo.co.uk)

#### I Y A Annual Convention

I Y A (UK) are holding their annual convention in Brunel University over the weekend beginning 22 June 2007. There are a few places available still.

Guest teachers are Dr Raj Laxmi and Devki Desai from Pune. See [www.iyengaryoga.org.uk](http://www.iyengaryoga.org.uk)

#### New Studios

We welcome two new yoga studios – Frances McKee and Bonar Hutchison have opened studios in Jordanhill and Partick, and are holding classes and

workshops in them. Both venues are available for private hire. You can contact Frances and Bonar by looking up Yoga Classes & Info on our website.

### **Congratulations**

Five Scottish trainees recently qualified as Introductory Teachers after 2 years training. Congratulations to:

Andy Brennan                      Liz Sumner  
 Fiona Cunninghame              Hazel Marr  
 Marianne Farrish

Eleven teacher trainees recently passed Level I of the Introductory Certificate. Well done, and best wishes for Level II:

Dorothy Taylor                      Carol Turnbull  
 Di McNab                              Maxine McCotter  
 Diane Edward                      Cath Brzeski  
 Janet Garrell                        Mona Hislop  
 Mari McRitchie                      Ishani Edwards  
 Kate Stannard

### **Teacher Training**

The students moving on to Level II trained with Lyn Farquar in Dunblane. Lyn is intending to start another 2 year course in September 2007 – if you are interested in becoming a teacher, and have been taught by an Iyengar teacher for at least 3 years, contact Lyn on 01786 823174.

Meanwhile, the Glasgow teacher training course is well underway, and trainees may soon be assisting teachers in your class.

We look forward to Iyengar classes spreading throughout the west of Scotland when these trainees qualify.

### **Membership Renewal**

Memberships expire at the end of March, so we'll be contacting you soon about renewing it.

We've kept the fee to £10, which includes automatic membership of I Y A (UK), with 2 free magazines sent to your home, and discounts on our workshops (and sometimes other organisation's workshops too)!

Join us now – if you join in February, your membership will run to next March at no extra cost. Download a form from the website, and send a cheque made out to GWSIYI to Pamela Martin, Flat 4, 16 Belhaven terrace, Glasgow, G12 0TG.

### **Buy The T-shirt!**

T-shirts are still available with our logo on the front – see the website or email us on [gwsiyi\\_info@yahoo.co.uk](mailto:gwsiyi_info@yahoo.co.uk)

### **Also....**

GWSIYI are buying belts and books direct from India for sale to members. We're also going to sell Indian blankets –useful for lots of asanas, and like mats, its more hygienic to have your own.

These will be available at workshops, and we're grateful to Emma McGurk for agreeing to sell them between workshops.

Details will be on our website [www.gwsiyi.org](http://www.gwsiyi.org)

### **Iyengar Trademark**



This is the logo of Iyengar yoga teachers and can only be used with the permission of BKS Iyengar by qualified teachers who keep their professional development up to date.

As the adverts in America say, it's the sign of a quality teacher.

### **New Level III Class**

Pamela Martin is holding a monthly Level III class on Sundays at the Western Baths Club.

Contact Pamela for details 0141 339 0830.

### **Give Us Your Feedback**

Please contact us with feedback on the website, workshops, suggestions for future events, articles for the newsletter etc.

Chair	Andy Brennan
Treasurer	Valerie Miller
Secretary	Cheryl Risk
Membership	Pamela Martin
Secretary	Bonar Hutchison
Events Organizers	Valerie Miller
National Representative	IYA Helen Graham
Student Member	Julie Salter

### **Stop press! Stop press! Stop press! Stop press! Stop press! ! Stop press!**

The 2009 Annual Convention may be held north of the border!