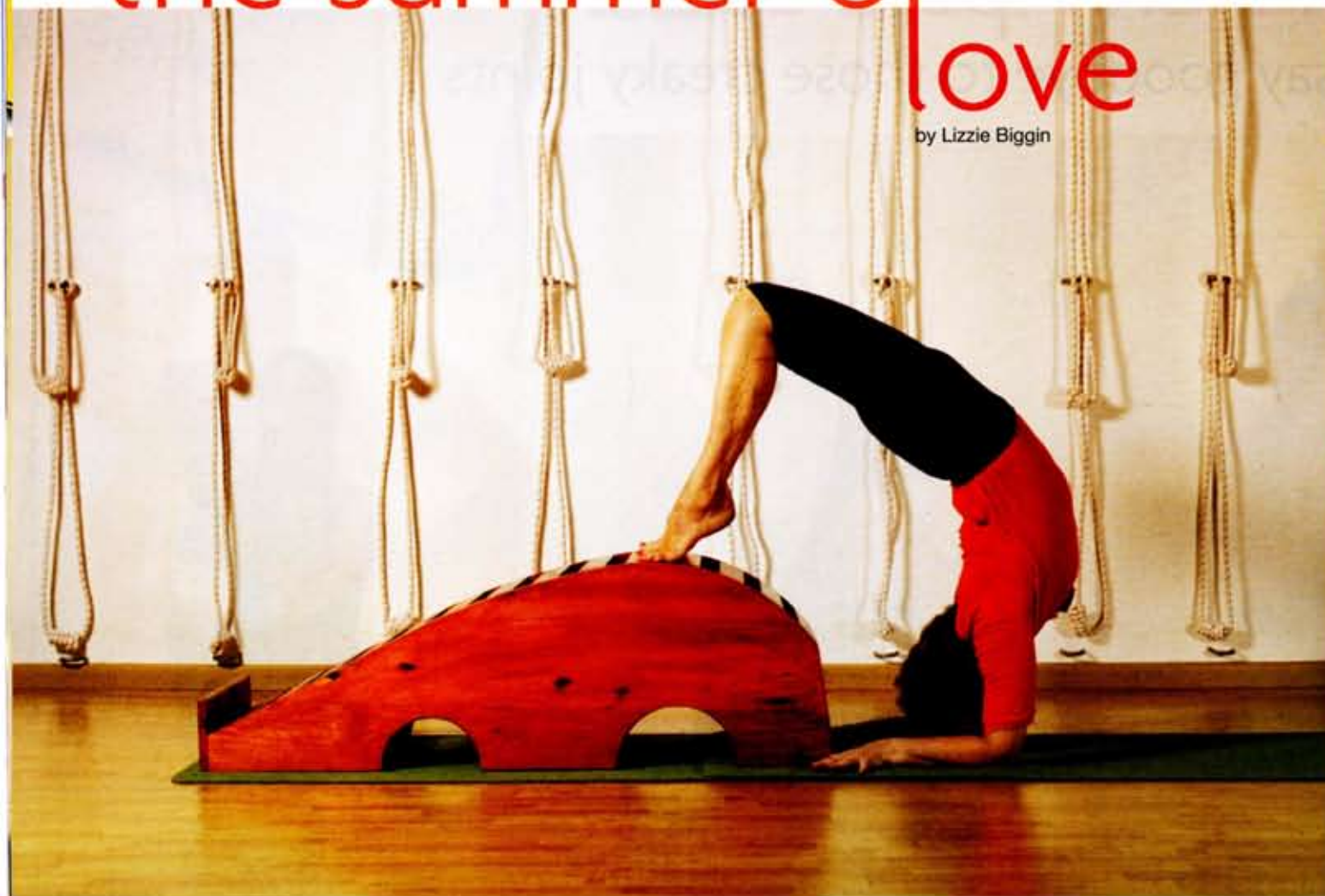


the summer of love

by Lizzie Biggin



Yoga crosses continents, climbs mountains, ignores class systems and race. It knocks on the door of the rich and the poor, equally. Yoga is international and global, very fair too. Some of us focus on our home practice and take just the metaphorical Yoga journey, while some of us go and search for Yoga in far away countries. Those who do travel to practise Yoga often find that the physical journey adds to the overall Yoga experience.

How lucky we are then, in the UK to have teachers who visit us from abroad to share their knowledge, their experience, and open doors to new areas of insight, to help us enrich our own experiences in our own Yoga practice.

This summer the Iyengar world arrives from America, Europe and India on our doorstep. Bristol, to be precise. My doorstep! Three amazing teachers: Bobby Clennell from the New York Institute, José María Vigar from Malaga, Spain, and Rajiv Chanchani from the Himalayas, India. I am lucky to have been taught by all of them. From May through to August at Yogawest, we will be guided through asanas by teachers who are the most senior in the Iyengar world and have worked directly with the Iyengar family for years. All the teachers have their own specialist interests, backgrounds, and each is very different in character. Such encounters are the hallmarks of our own individual Yoga adventure.

Bobby Clennell will be focusing on the menopause for part of her workshop. Yoga can be curative, but which asana, which

pranayama, in what order? She will approach the practice looking at the 5 elements, *prithvi, apa, tejas, vayu, akasa*; earth, water, fire, air, ether. How do the elemental forces and their balance or imbalance affect our practice of Yoga? Bobby has been a direct student of BKS Iyengar and Geeta Iyengar for 40 years. Her teaching style is strong, energetic, precise and kind.

José María Vigar will look at 'Discipline of the action'. He became a Yoga practitioner in his adolescence and is now a senior teacher who has been BKS Iyengar's student since 1990, visiting the Ramamani Iyengar Memorial Yoga Institute in Pune (India) every year. José gives seminars all over the globe. His teaching is quiet, patient, full of observations often referencing the sutras, and 'Light on Yoga', the first book on Yoga written by BKS Iyengar.

Rajiv Chanchani brings his knowledge and awareness of the practice of Yoga in life. Rajiv is a long-time student of BKS Iyengar and a director of the Yog-Ganga Centre for Yoga Studies in India. He and his wife Swati are the authors of 'Yoga for Children', which has been reprinted many times. He is one of the most highly respected Indian teachers.

We could read a book about what to do and when for menopause, in fact, we could read Bobby's own book about Yoga for women 'The Woman's Yoga Book'. It is written in the Bhagavad Gita that 'Yoga is skill in action', and we may know the sutras well. But we all know, without a shadow of a doubt what an experienced eye, a guiding hand, a precise instruction in class is worth.

Having been taught by all 3, I know I am in for a summer of inspiration, hard work and experiences that will be immediately seen, maybe latterly felt, often the repercussions being experienced many months or years later. I'm sure we will still be talking about these workshops, and these inspirational teachers, for many years to come.

about Yogawest

Yogawest is a long established Yoga centre in Bristol with a well-deserved reputation for high quality classes, workshops and events. Situated just off the bustling Gloucester Road, the studios are a quiet sanctuary at the end of a secret cul-de-sac with Yogawest nestled in a lovely front garden. After many years, it changed hands in 2011 and there is much talk in Bristol about how warm and welcoming it is now.

Mike and Diana Penny started Yogawest's latest chapter in September 2011. They were originally planning to move out of London into the countryside but when they saw Yogawest for the first time, they changed their plans to relocate to the heart of Bristol instead!

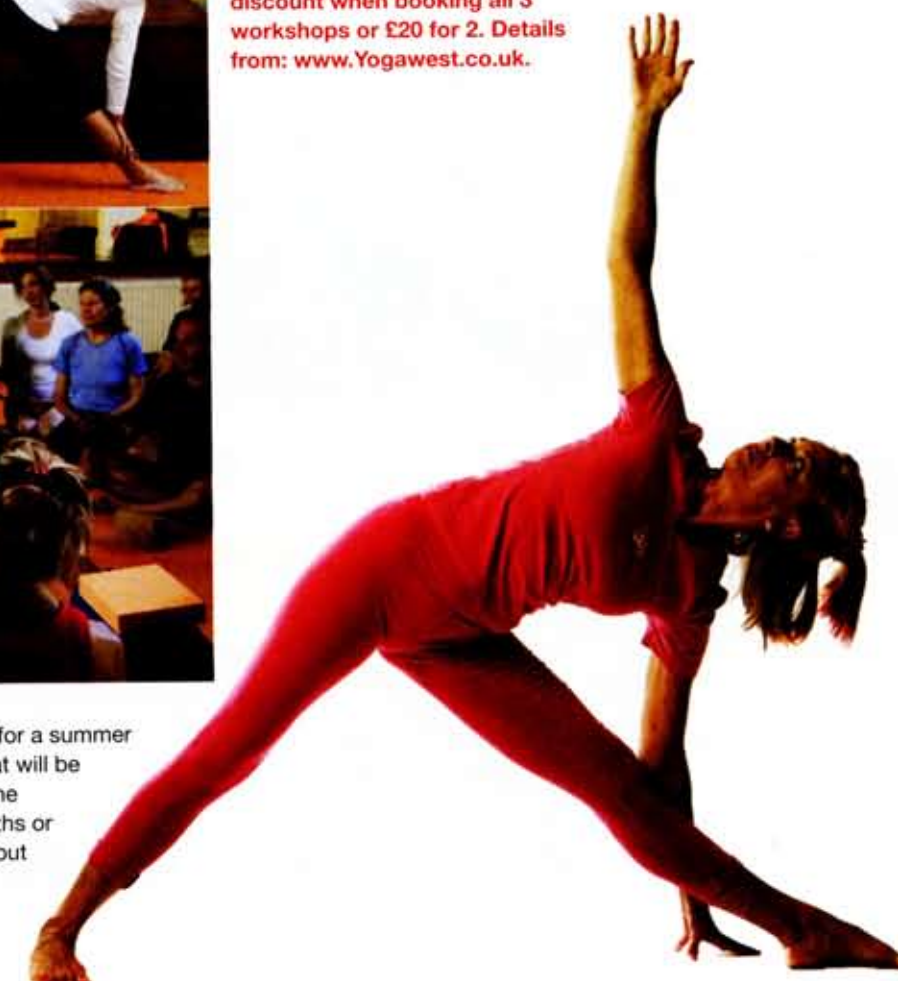
On arrival, they knocked down some walls, painted the 2 studios in bright colours and threw open the doors again 8 days later. The feedback from regulars has been tremendous: the new Yogawest has a refurbished foyer, reception and garden (Mike's project management experience manifesting here) it also gained a whole new look with its striking logo which Diana (originally a graphic designer) helped to develop. The new Yogawest is orange and

yellow, bringing more light and energy into the building. In the summer of 2012 both studios were re-fitted with beautiful new wooden ceilings including facilities for hanging ropes.

All the teachers who were here before Mike and Diana arrived are still teaching at Yogawest and there are some inspirational new teachers too. The timetable is full and varied: there are pregnancy classes, children's classes, restorative classes, and plenty of beginner, general and intermediate classes 7 days a week.

SPECIAL READER OFFER

Yogawest are offering the readers of *Yoga & Health* a £30 discount when booking all 3 workshops or £20 for 2. Details from: www.Yogawest.co.uk.



about Elizabeth Biggin (The Author)

Lizzie has been practising Yoga for almost 20 years, and teaching for 7. She trained initially with Kathy Welham and subsequently studied her Intermediate Junior levels with Sheila Haswell. She has held the Junior Intermediate Level 3 certificate since 2010. In January 2011 Lizzie attended the Ramamani Iyengar Memorial Yoga Institute in Pune. She enjoys teaching classes of mixed abilities, and also gives personal classes for people with injuries or physical difficulties. Her studies continue with Sheila on the Senior syllabus, and Stephanie Quirk to broaden her knowledge of the use of Yoga for a myriad of problems. Lizzie is a trained dancer, and fine artist, and has worked as a performance artist. She has a qualification in Signing for the Deaf.

Details from: www.yogawest.co.uk