



# SVADHYAYA

Volume 1, Issue 3

An Iyengar Yoga Newsletter from the C.W.T. Studio, Hong Kong  
October 2003



Faeq Biria Yoga Workshop Participants at The Celestial Wishing Tree Studio

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# Overcoming Obstacles

By Linda

We were graced by the presence of Faeq Biria teaching a five day workshop at the studio last month. Everyone who participated has been talking about this event ever since, because we were all touched very deeply by him.

As the organizer of the workshop, some of my most significant learning came in the form of unexpected travel obstacles. First of all, the day before the workshop was to start, I received a call from Paris: Faeq had missed his flight to Hong Kong. Oh my God. What to do? People had come from Japan, The Philippines, Canada and Europe. Hong Kong students had taken five days off work to be there. I went into the studio that day and taught my regular classes, and in between made phone calls to Paris and prayed for a miracle. I couldn't bring myself to even tell people about this problem. Something had to happen.

And then it did. Faeq got a seat on a flight that was leaving in the nick of time, and he was scheduled to land in Hong Kong two hours before the workshop commenced. I met him at the airport the next morning. We went immediately to a hotel where the Japanese students, Noriko Enslin and Keiko Tano, were staying, so he could have a shower and say his morning prayers. He had not slept at all on the twelve-hour flight. I wondered how he could possibly teach all day. But after his prayers he seemed to be invigorated and ready to proceed. We arrived at the studio on time.

Class started with a much longer Sanskrit chant than we were accustomed to for he invoked many deities in addition to Lord Patanjali. The studio and all of us there were blessed, and it became obvious that everything was going to be fine. The asana teaching that followed was brilliant and clear.

In addition to Faeq Biria, Lauren Cox and Ty Chandler from Canada were also staying at my home during the workshop. While Faeq did his own practice in the evening after class, we made dinner. My home felt like a little ashram with all of the good spirit and work that was going on.

The second day we left for the studio a little late and I was expecting to drive through the worst of rush hour traffic. I live in Clearwater Bay, so the drive to Central is significant. When we got into the car I could feel Faeq silently chanting prayers beside me. This seemed a good thing. The roads were clear all the way into town, and there was virtually no traffic. We even arrived early at the studio, joking about the power of his prayers, but also paying attention to his ways.

The third day when we piled into the car to leave home, my car wouldn't start. Although the battery was fine and there was plenty of gas, the car was completely and mysteriously dead. We were beginning late again after the traffic experience of the previous day. In the taxi that finally arrived, on the way into town, I said I couldn't understand why there were so many obstacles coming up. "They are a good sign," Faeq said. Once again we got to the workshop on time and the day's class was brilliant.

For the rest of the workshop, we drove into town with Krissey Hodge and Randa Westland in Krissey's van. These journeys were fun for now there were six of us and we were all getting a lot out of Faeq's stories and presence.

In the evening at home, when it was time to make dinner, there were some difficulties without a car. I was short of ingredients, we were tired and the grocery store is a long way from my country house. So we made substitutions. At a time when I wanted everything to be right, the meal plan was rather experimental. Thank God that Lauren and Ty are good cooks, but on Friday, Ty and Lauren were not going to be home for dinner, and I was cooking. During the day I had not given dinner much thought. We were really late getting home, having traveled by MTR after giving up on a taxi ride in a traffic jam. At home Faeq did his practice and I cooked, but things didn't work out very well in the kitchen. When I put dinner on the table I felt a little bad about the final product, but somehow perfection was not so important any longer. During the day we had been opening ourselves up on every level in the asana practice, and putting in our best effort. Dinner seemed to be part of the same learning process: my best effort at the moment, but still in need of work. Nevertheless, conversation at dinner was enriching.

*Cont'd on page 3*



*Lauren, Faeq and Linda at home*

On the last day of the workshop the class was not at the studio but at the Academy for Performing Arts. The venue was expanded to allow more students to participate. I had arranged a driver with a van to go to the studio to bring the props to the APA for the day. George Dovas and Jesse Tong were meeting him at the studio to load the van. My phone rang in the morning before we left home. The staff of the APA were not going to allow George and Jesse and others to put the equipment in the room. They said that the room had been rented to someone else. I spoke to the APA staff and argued. Now what? Then George called again and said that the driver who was supposed to bring the equipment back to the studio at the end of the day could not come. By the time we arrived at the APA, everything had somehow sorted itself out and we had a room and an alternate van for the evening.

That night, my husband Michael had returned from a business trip and our son Colin had decided to come and stay the night too as he and Michael were going golfing in the morning. The house was full of laughter, for both Faeq and Colin are great storytellers. Lauren, Ty and myself were giddy recounting episodes of all the quick changes of plans that had occurred during the week... a comedy of substitutions, constantly switching from plan A to plan B, plan C etc.

Ty and Lauren left for Canada in the morning. Faeq and I had been invited to lunch with Shobhna Chelleram, but once again there was a transport problem. An accident on the road to Stanley blocked traffic for over an hour. The three of us ended up abandoning the planned trip and going somewhere else for lunch. In the end, the change meant that Faeq came back to the studio and gave me some poses to do to help my practice and I had time to talk with him before he left that evening. The change in plans had become a good thing for me. By the time he went to the Airport Station, I felt like I was saying farewell to a long lost friend.

In retrospect, looking back on the week, I recognize a pattern. Each time a challenge came up, both effort and surrender were required to get through. Faeq taught with complete attention and amazing control, and yet at the same time he had the ability to let go completely and put himself in the hands of God when situations were beyond him. He was a fine example of a true practitioner of yoga and a wonderful model for us all. I would like to learn to live like that.

In the Sutras, Patanjali wrote:” Tapah Svadhyaya Isvarapranidhanani Kriyayogah.” This means, “Burning zeal in practice, self-study and study of scriptures, and surrender to God are acts of yoga.” Exemplified by Faeq, these principles were in fact my most important lessons during the workshop.

## Ganesha

At home, Faeq taught the group of us part of the chant that he sang each morning. We learned the prayer for Ganesha, the Hindu elephant god, son of Shiva and Paravati. We also learned that there is an order to the invocation to deities, and that Ganesha is usually invoked first as he is the destroyer of obstacles. As so many obstacles arose and were overcome in the course of the week, the prayer had heightened meaning for me. I'm memorizing it.

The words are as follows:

Vakra Tundra, Maha Kaya  
Suryia Koti, Sama Prabha,  
Niri Vignam, Kurme Deva,  
Shubha Karyeshu, Sarvadhya.

Translated :

Twisted trunk, big body,  
Light like a thousand suns,  
Help me in difficulties, Oh great God,  
In a way that everything finishes  
In an auspicious manner.



Ganesha Figure

# How did the participants enjoy Faeq's Workshop? Comments



*Frederique Deleage and Sandrine Laborde at group dinner at The Viceroy Restaurant after the last class*

**Faeq's** workshop was for me the best Iyengar workshop I have ever taken. Faeq is an outstanding teacher!! My practice since has taken a new dimension, a new life. He is rigorous and disciplined, fun and kind, knows exactly how far to push a class...sees every move we make...nothing escaped his attention.

His way of teaching encompassed every nuance: from physical poses to the organic effect, to the spiritual and philosophical aspects of yoga. So many distinctions were revealed to me in the process. His sense of humour is always appropriate, his manner superb...his kindness and presence allowed me to go far beyond what I thought I could do!

His workshop gave me a new appreciation of Iyengar yoga techniques and a renewed perspective of my own practice. I have made a quantum leap forward and I am looking forward to the next workshop with him, whenever it will be possible. Thank you Linda for bringing him to us.

**Frederique Deleage**

**Faeq Biria** was an unforgettable inspiration. His Gandhi-like figure padded around the room, observant and ready to help. He exuded no ego – only a wealth of knowledge which he humbly shared with us all. A true privilege for me to experience his words and teaching.

**Sally Trainor**

**I'm sure** most students experience a feeling of having plateau'd with their practice or finding it increasingly difficult to maintain consciousness about poses that they perhaps used to find easy. So it was reassuring to learn new ways of thinking about the asana and about yoga practice in general in Faeq's teaching. I enjoyed the technicality of his approach, which is of course fundamental, but I found his insights into the poses as metaphors for life to be the things that will help me most with my practice. To accept those days when I am struggling with something, the ups and downs, as a natural part of my practice. Faeq is a compassionate and inspirational teacher and I'd like to thank Linda for giving us the chance to experience his teaching in Hong Kong. As the workshop was geared largely to teachers, I am sure that students throughout Hong Kong are going to benefit from those five days. But I also think, that like most things, the workshop was also a dialogue between Faeq and the participants and I am certain that the energy and commitment everyone brought with them to the occasion contributed to what he was able to share with us.

**Tina Pang**



*Keiko Tano and Noriko Enslin from Japan, Shobhna Chelleram from Spain*

**I had** really nice time with you and & Mr.Biria. Thank you very much for sharing such a wonderful opportunity.

**Keiko Tano**



*Krissey Hodge and Ursula Moser at The Viceroy Restaurant*

**Faeq Biria** was an inspiration to me as a student of yoga. Indeed, the workshop came at a time for me when my own dedication to practice was waning. After my summer away and Linda's absence from Hong Kong making almost three months without teacher input I was becoming feeble in my application and intensity. This is an indication of my own level of practice which is *mrdu* or mild. I was in need of inspiration and guidance. From his calm presence when he arrived jet-lagged and late from Paris due to a missed flight when he came straight to the workshop, to the request for light and sattvic food which I initially had unfounded doubts about, to the prayers he said in the car on the journey into town each day, he lived and breathed yoga in all of its forms.

It was clear from his words and actions that he put into practice all of the moral, ethical, physical, mental, intellectual and spiritual yogic disciplines. The workshop itself provided a tiny glimpse of the effects of long, uninterrupted practice. This was my first experience of this kind of practice and I gained tremendously in many ways from it. My body opened up and softened, my focus was clearer and deeper and by day three many small aches and pains had disappeared. The excellent nourishment and the good company, the stimulation of the knowledge Faeq was sharing with us helped rekindle my enthusiasm. I was suffering from several of the impediments to practice we had discussed previously and was reminded that to advance I needed adherence to single minded effort and devotion as well as getting assistance from a teacher.

From my observations of myself I am aware that my level of *sadhana* ebbs and flows like a tide and that I must persevere in order to accomplish my goal of practicing as many of the limbs of yoga as I can.

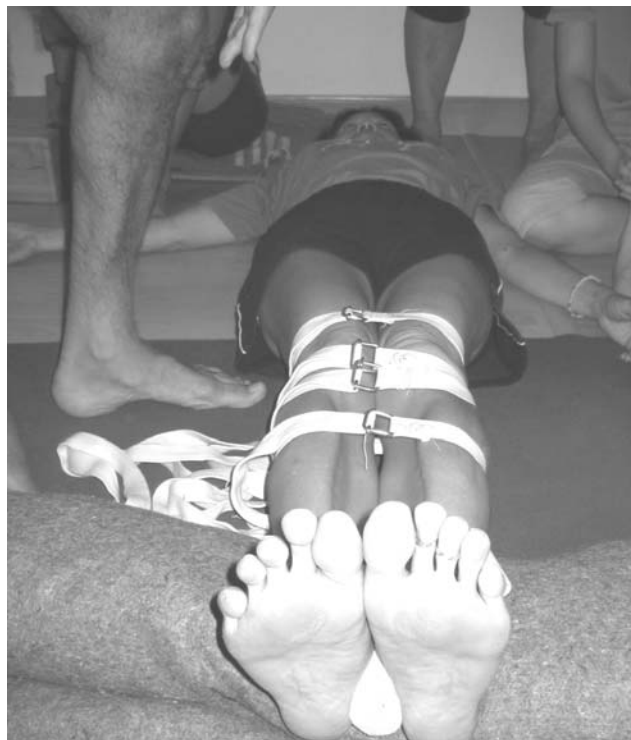
**By Kristine Hodge**

**Faeq's** presentation of Yoga: Raja, Hatha, Karma and Bhakti, is significant, and he encourages the *sadhaka* to waste no time and to learn as much as she can. His clarity of instruction with strength of command is enticing. And his passionate dedication to his Guru, Sri B.K.S. Iyengar lights the path for all yogis. It is an honor and privilege to study with him.

**Ty Chandler**



*Ty Chandler at dinner after the workshop*



*Lauren Cox was unavailable for comment*

*“If you wish peace of mind, don’t find any fault with anyone.  
Watch your own mistakes.  
Learn to consider that the entire universe is not different from your own self.  
No one is a stranger.  
The world and you are one.  
Om shanti, shanti, shanti,  
Om peace, peace, peace.”*

**With** these words from the wife of Ramakrishna, Faeq blessed our lunch each day.

For me, this verse epitomizes Faeq’s visit and my greatest learning from him. He certainly taught us all to deepen our asanas and perhaps it was because of the intense asana work that the blessing above spoke to me so profoundly. This was especially so because later he reinforced it by saying,

“If individuals irritate you or you disagree with what they do and how they act, instead of judging, detach. And when you detach, detach with understanding.”

I can do asana practice every day and yet forget this limb of yoga needs to translate into real life and my attitude towards others. Trying not to judge but rather detach from people who annoy me is difficult. But then pushing myself one step further to find the “understanding” that goes with the detachment is indeed a challenge. Thanks to Faeq, I am reminded to be more purposeful in acting on this challenge and to remember that “the entire universe is not different from your own self.” Om shanti, shanti, shanti.

**By Leslie Corcos**

**The week** long intensive with Mr Faeq Biria was inspirational, educational and above all a transformative experience.

It was with anticipation that we waited the arrival of Mr Biria, anxious at how our bodies and minds would manage the week long intensive that involved up to six hours or more practice every day.

Anticipation turned into appreciation and gratefulness as we came to realize that we were blessed to be learning and receiving teachings from a man who embodied Yoga.

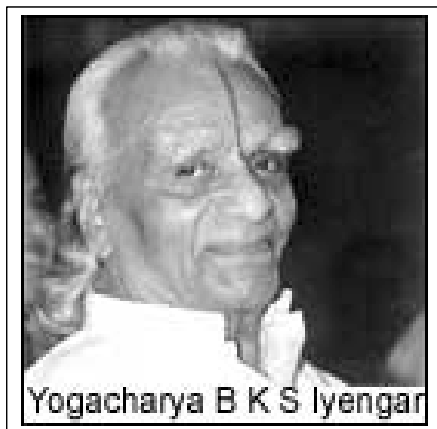
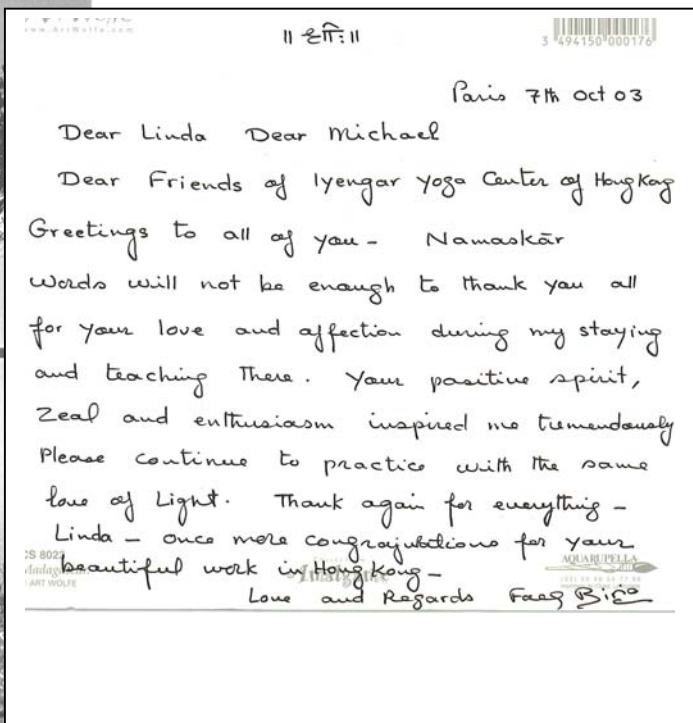
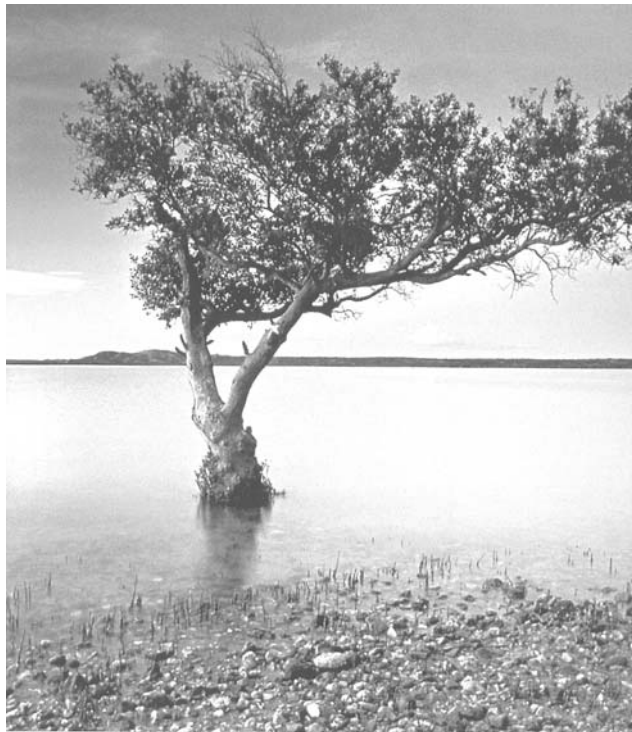
During the week Mr Biria’s teaching was inspiring and insightful. His clear and detail instructions bought stability to shaky asana, his words of wisdom bought clarity to the mind, and his anecdotes, humour to the class.

One such story was the story of Mr Biria and Mr Iyengar being on the London tube. Mr Iyengar noticed another passenger pull the flesh of his bottom out before sitting upright on the seat. Mr Iyengar insisted that Mr Biria approach the gentleman and ask him if he was an Iyengar practitioner. As it turns out the passenger did practice Iyengar yoga and so Mr Biria was able to introduce the passenger to Mr Iyengar.

Personally the most striking and memorable experience of the five day intensive occurred during our last day, when after a seven hour day of practicing poses, Mr Biria guided us into the savasana pose. With his instruction, I felt something I had never felt before. I felt a connection with my inner self, a connection so strong that was pure bliss – a connection that I had been close to before but never felt with the intensity that I felt it that day. In savasana, I did not see a corpse, or feel like this was an end, but instead saw eternity and the endlessness of our breath.

**By George Dovas**

## A Message to Hong Kong Students From Faeq Biria



## Happy 85<sup>th</sup> Birthday Guruji B.K.S. Iyengar

Birthday Yoga Workshop  
Learn More About Iyengar Yoga  
Sunday, December 14, from 2:00 – 5:00pm  
All- Levels  
\$250

Participants will do ALL of the poses on the Introductory I and II syllabus. Teachers will take turns leading sections of class. Please join us.

Proceeds will be used for two purposes: To purchase a Ganesha statue for the studio, to remember the importance of auspicious beginnings and to clear the path for our further development. To make a donation to a worthy charity in Hong Kong in the name of B.K.S. Iyengar.

Please register for this event.

## Iyengar Yoga Certification Mark



**At this studio** we are fortunate to have connections with internationally recognized teachers of Iyengar yoga and with Gururji BKS Iyengar himself. Students who attend classes at The Celestial Wishing Tree may not realize that we are part of a regulated international body of Iyengar schools worldwide, and that we abide by a defined code of instruction so that we can maintain the teaching as it has been given to us, to the best of our ability.

Students here have the opportunity to study with master teachers like Faeq Biria and Shirley Daventry French, and to have this instruction in relatively small groups. These teachers come because this is a studio dedicated to establishing the work of B.K.S.Iyengar in Hong Kong, and senior teachers are willing to help with this work. Mr. Iyengar takes an interest in the teaching that is being done in his name around the world. He personally suggested that Faeq Biria come to visit us. He wrote to me and said that I may call this an “Iyengar Yoga School” as long as we remain true to his work, and we do not mix his teaching with other things. And so this is what we endeavor to do. The Celestial Wishing Tree is the only Iyengar studio in Hong Kong, with the only Iyengar teacher- training program in Hong Kong. I am currently the only certified Iyengar teacher in Hong Kong, though soon some of the trainees here will also have a certificate.

In the Iyengar system, I am certified at the Junior Intermediate II Level, and in January I will be assessed again in hopes of being granted Junior Intermediate III certification. The certification I currently hold allows me to train teachers in the Iyengar method. There are six teachers in training. Kathy Cook, Jesse Tong and Leslie Corcos, in their third year of training, will be taking their assessment exams this summer, and if successful they will be granted Introductory II certification. George Dovas, Krissey Hodge and Randa Westland are in their first year of training and in the next few months they will begin some basic, supervised teaching at the studio.

It can be discouraging to see a number of teachers and studios in the city using the “Iyengar” name without permission or qualifications. This is happening more and more frequently these days as yoga has become so popular of late. Some teachers claim to be teaching a mixture of yoga styles with Iyengar yoga included. However, there is no such thing as an Iyengar blend. One either teaches Iyengar yoga or does not teach it. And no one should claim to teach it without proper training and permission granted.

Iyengar teachers are respected worldwide because of the rigorous training they have undergone and because they have learned how to teach people of all ages and abilities in a safe and comprehensive manner. They are tested and re-tested, and their certification exams are long and difficult. Teachers are expected to maintain a program of study and to increase their knowledge and skill. No one can simply get a certificate and then use it for the rest of a teaching career. The training does not stop.

My certificate is signed by BKS Iyengar himself. For me, his signature holds tremendous importance. It means that his trust is being placed in me to teach as I have been taught and to stay within the scope of my training. It means that I have committed myself to do this and to further my studies.

The BKS Iyengar certification mark pictured at the top of the page, is a registered trademark granted to those teachers who have been trained, tested and approved by National Certification Boards. It denotes the teacher’s authenticity and commitment to the Iyengar system. I am going to have it printed on the back of my new business cards, because in Hong Kong I think that is time to do so.



Register Now

**Shirley Daventry French Yoga Workshop**  
**“Deepening Your Practice”**  
**Nov. 22-28**



**Shirley French** is returning to the The Celestial Wishing Tree in November. Shirley is a Senior Iyengar instructor who has been teaching yoga for many years ,nationally and internationally. She has dedicated much of her life to the work of BKS Iyengar, through her writing, and her practice. She was a guiding light for the foundation of the Canadian Iyengar Yoga Teachers Organization, and has worked tirelessly to standardize the quality of Iyengar teaching in Canada and abroad. Her teaching is clear, precise, insightful, and fun, integrating the philosophy and psychology of yoga with the practical work of asana and pranayama. At over 70 years of age she is a font of wisdom, experience and inspiration.

*All Levels Workshops and Classes* are suitable for all students in Levels I-IV classes

*Intermediate Classes and Workshops* are suitable for Level II-IV students

*Beginners Pranayama* is suitable for Level II and up

*Teacher Training* is for students currently registered in training at the studio.

Saturday, November 22	a) All Levels Workshop (3 hr)	12:00 – 3:00pm
	b) Beginners Pranayama (1 ½ hr)	5:00 – 6:30pm
Sunday, November 23	a) All Levels Workshop (3 hr)	2:00 – 5:00pm
Monday, November 24	a) Intermediate Workshop (3 hr)	10:00am – 1:00pm
	b) All Levels Class (2 hr)	7:00 – 9:00pm
Tuesday, November 25	a) Teacher Training (certification trainees)	3:00 – 6:00pm
	b) All Levels Class (2 hr)	7:00 – 9:00pm
Wednesday, November 26	a) Intermediate Workshop (3 hr)	2:00 – 5:00pm
Thursday, November 27	a) Teacher Training (certification trainees)	3:00 – 6:00pm
	b) All Levels Class (2 hr)	7:00 – 9:00pm
Friday, November 28	a) Intermediate Workshop (3 hr)	10:00 – 1:00pm

Register Now. 2541 0401, [linda@yoga-hong-kong.com](mailto:linda@yoga-hong-kong.com) [www.yoga-hongkong.com](http://www.yoga-hongkong.com)

## The Good and The Pleasant

*“Different indeed is the good; different is the pleasant. Both to their various ends ensnare a person. Of these, it is well for one opting for the good. But he who chooses the pleasant falls short of the purpose of life. The good and the pleasant have human relevance. Considering both, the sage distinguishes them carefully. The sage chooses the good over the pleasant. The fool, intent upon acquiring and keeping, chooses the pleasant...Fools, abiding in the midst of ignorance and deeming themselves wise and learned, go about deluded, like blind men leading the blind.”* From The Katha Upanishad. Spoken by The God of Death

There is an Indian story about the gods and demons churning an ocean in order to obtain a pot of Divine Nectar that was promised by Lord Vishnu. In the story, the Divine Nectar is an image of pure consciousness, crystal-clear awareness, which both the demons and the gods wanted. However, as they stirred the ocean to get to the nectar, the gods and demons discovered many additional gifts and qualities, and the demons became tempted, intoxicated and distracted by these other attractions. Unfortunately they lost sight of their goal. The gods were not distracted and they found the Divine Nectar. Human beings were left somewhere in the middle, between the gods and demons, and their predicament in life became to combat their own demonic nature and to raise their power towards Divine Consciousness.

The story is a metaphor for the human condition, and illustrates how the world is full of temptations and distractions, and how difficult it is to be committed to a goal and to pursue it steadily without becoming lost. This situation can be seen in the quest of any objective in life, but the most difficult quest, we are told, is a spiritual one. According to Hindu belief, there are four great world cycles. The cycle we are currently in is called the *Kali Yuga*, a period in which spirituality and morality are at their lowest ebb. There is very little guidance in the world today that helps people to progress in their moral and spiritual development. It is very easy to become lost and corrupt even with the best of original intentions. Lured by the pleasant, rarely are we presented with the good.

All the great spiritual treatises throughout human history were given as guides to help seekers find their way to realization of a Supreme Truth. They provide encouragement and assistance so we don't go wrong and lose sight of our goal. *The Yoga Sutras of Patanjali* is the one that is the basis for Ashtanga Yoga. Iyengar yoga is a form of Ashtanga Yoga. Ashtanga means “eight-limbed”, and the *Sutras* describe the eight stages of the path toward spiritual realization.

Patanjali stated that initially we should establish a code of conduct for *social* behavior. The basic qualities or Yamas to develop are truthfulness, non-violence, non-covetousness, continence and non-possessiveness. Patanjali then said we need to develop certain qualities *internally*. We should be clean, both physically and mentally. We should develop a state of contentment. We should be self-disciplined and passionate in our efforts. We should study ourselves so that we know ourselves. We should surrender the fruits of our efforts to God, letting go of our egotistical ideas. These are the Niyamas. It is on the basis of these principles that we can begin to evolve. They form a creed of what is “good” though they may not always be easy to follow.

The Asanas or *yoga postures* form the third limb of yoga. The health of the body is extremely important in yoga as the body is the vehicle for our evolution. Consciousness resides in our physical body, and by refining ourselves physically, we expand consciousness. Through the practice of asana, the mind evolves.

Pranayama is the regulation of breath according to yogic principles. Proper practice of Pranayama develops balance and equipoise, physically, mentally and spiritually. In the Sutras, Patanjali states that “Pranayama removes the veil covering the light of knowledge and heralds the dawn of wisdom.” The precise regulation of breath destroys the illusions that obscure our intelligence.

The last four limbs of yoga, including sense withdrawal, concentration, meditation and enlightenment, evolve on the foundation of the first four limbs. They come to pass according to the understanding and level of practice of the aspirant. The movement toward pure consciousness begins on a very practical level, with our attitudes and behavior in society. We are then given practical ways of working with the physical body and methods for regulating the breath. These steps gradually pull us deeper within until we can begin to penetrate our inner state through the more subtle practices. The final state of Samadhi or enlightenment, is one that would take absolute concentration and a perfectly silent mind.

In the sea of humanity that is Hong Kong, filled with distractions and glitter, it is easy to become lost and to forget about having a purpose or developing worthwhile goals in life. I have seen a lot of unhappy rich people here and have heard a lot of loud, empty laughter spilling out of the bars at night. There seem to be too many lonely people in this place. If you are lost, Yoga can provide a practical method to help find yourself again. It puts us back on track. Even if you don't think of yourself as someone who is looking for “Divine Nectar”, you might well be looking for a better life, and what could be better than a healthy body and a clear mind. Patanjali's ancient yoga system can provide the guidance needed to take us through this melee, so we can discern the difference between that which is merely pleasant and that which is truly good.

Linda

## Yoga For A Healthy Back

**Seminar – Thursday November 13, 7:30-9:00pm with Caroline Rhodes, physiotherapist**

**Yoga Classes – beginning Thursday November 20, 7:30-9:00pm – with Linda Shevloff**

Iyengar yoga is particularly well known for its health benefits. Optimum health is attained when the body structure is aligned properly, and when there is sufficient strength and length of muscles to both maintain alignment and to move with a full range of motion. When the skeletal structure is correct then the organic body is at ease and can function at its best. A poorly aligned body generally results in aches, pains and discomfort. Eventually, habitually poor posture can result in organic problems that are more difficult to overcome than structural ones.

Imbalances within the body often settle into the back. In fact, a large percentage of humans suffer from some type of back pain at some point in their lives, and for many the pain is chronic.

Iyengar yoga is very helpful in the process of strengthening backs and correcting minor back problems. It does not provide a “quick fix”, but it does give a method and a practice to bring about observable change in the body. Good posture can effect a change in the physical, mental and emotional state of a person. It can bring joy back into life along with an overall sense of well-being.

On Thursday, November 13, a new “Yoga For Backs Class” will be introduced at The Celestial Wishing Tree Studio in Central. The first class will be a seminar lead by physiotherapist and yoga student Caroline Rhodes. Caroline will discuss alignment from a physiotherapist’s perspective. Her lively, informative presentation is always well received.

Linda Shevloff will teach the “Yoga for Backs Classes” on Thursday evenings at the studio, commencing November 20. Linda is an Iyengar Certified Instructor, with 25 years of Iyengar experience.

The price of Caroline’s seminar is \$200. Please register in advance.

The price of Yoga for Backs classes is \$800 for four classes and must be pre-booked. No drop ins.

For enquiries, call Linda at 2541 0401  
E mail [linda@yoga-hongkong.com](mailto:linda@yoga-hongkong.com)  
Website: [www.yoga-hongkong.com](http://www.yoga-hongkong.com)

## New Classes and Times

### Lunch Time Level I Classes:

We are introducing some shorter Level I Beginner classes at lunch hour so that more of you can fit some yoga into your schedule.

**On Mondays** there will be two lunchtime classes, back to back., at 12:00 until 1:00pm, Level I and then at 1:15 until 2:15pm. Level I/II . Linda is teaching.

**On Thursdays** the new lunchtime class Level I/II will be from 12:45 to 1:45pm. Jesse is teaching.

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### Yoga For Moms and Moms to Be:

#### For Pregnant Women:

**Mondays** from 6:00 to 7:15pm

**Thursdays** from 6:00-7:15pm

#### Post Natal Class for Women:

**Fridays** 12:45-2:00pm

\*\*\*\*\*

### New Level II Classes

**Wednesday Evenings** 7:00-9:30 with Kathy

**Thursday Mornings** 10:45-12:25 with Jesse

\*\*\*\*\*

### Yoga Class For a Healthy Back

**Seminar on November 13** at 7:30-9:30pm with Caroline Rhodes

**Yoga for Backs Class, beginning on Thursday, Nov. 20** at 7:30 to 9:00pm

The Level I class that was on Thursdays at 7:30 will end on November 6.

\*\*\*\*\*

### Morning Practice Time

**Thursday mornings** from 7:30 – 9:00am, the studio is available for students to come and practice. Lessons will not be given. The price to use the room is \$50. Kathy

## SCHEDULE OF CLASSES

Mon.	Level I	12:00 – 1:00pm	Linda
	Level I/II	1:15 – 2:15pm	Linda
	Pregnancy	6:00 – 7:15pm	Linda
	Level II	7:30 – 9:00pm	Linda
Tues.	Level I/II	7:30 – 9:00am	Kathy
	Level I	10:00- 11:30am	Kathy
	Level II	12:45– 2:15pm	Linda
	Level II/III	6:15 – 7:45pm	Linda
	Level I	8:00- 9:30pm	Linda
Wed.	Level III/IV	10:15–12:15pm	Linda
	Level II	12:30 – 2:00pm	Linda
	Level II	7:00-8:30pm	Kathy
Thurs.	Morning Practice	7:30-9:00am	
	Level II	10:45-12:15pm	Jesse
	Level I/II	12:45-1:45pm	Jesse
	Pregnancy	6:00-7:15pm	Linda
	Yoga for Backs	7:30 – 9:00pm	Linda
Fri.	Post-Natal	12:45-2:00pm	Linda
Sat.	Level I	10:00 – 11:30am	Linda
	Level III	12:00 – 1:30pm	Linda
	Level II	5:00 – 6:30pm	Linda
Sun.	Level I	11:15 – 12:15pm	Jesse

Phone to register for classes and to check for availability of space. Classes may be purchased in groups of four or eight, but drop-ins are available. Monthly packages are also an option.

### Svadyaya

In the yoga tradition, study is considered to be an important means to self-knowledge. Svadyaya is the Sanskrit word that literally means “one’s own going into”, and what it stands for is a serious and systematic study of the yoga tradition. Self study is meant to be a journey of self-discovery, self-understanding and self-transcendence..

The inspiration for this newsletter is the work of Guruji B.K.S.Iyengar, to whom we express our gratitude.

Students are welcome to contribute articles and letters

## ABOUT THE CELESTIAL WISHING TREE YOGA STUDIO

The studio is an Iyengar Yoga school. Teachers are certified Iyengar teachers or are enrolled in teacher training programs leading toward certification. Linda Shevloff, the studio owner is certified at the Junior Intermediate II Level. Jesse Tong, Leslie Corcos and Kathy Cook have begun their third year of teacher training.

Yoga classes are available for Beginner and Intermediate students, Levels I-III. Check the website for the complete schedule : [www.yoga-hongkong.com](http://www.yoga-hongkong.com) The studio is located at 2/F Winsome House, 73 Wyndham Street, Central, Hong Kong. Telephone (852) 2541 0401 to leave a message, or fax (852) 2541 0501. E mail [linda@yoga-hongkong.com](mailto:linda@yoga-hongkong.com)

## CALENDAR OF EVENTS

**SHIRLEY DAVENTRY FRENCH WORKSHOP – “GOING DEEPER”** – CANADIAN SENIOR IYENGAR TEACHER, SHIRLEY WILL TEACH A WORKSHOP AT THE STUDIO FROM NOVEMBER 22 THROUGH 28. TO REGISTER, SEND AN E MAIL TO [LINDA@YOGA-HONGKONG.COM](mailto:LINDA@YOGA-HONGKONG.COM) OR CALL 2541 0401. CHECK THE WEBSITE FOR MORE DETAILS [WWW.YOGA.HONGKONG.COM](http://WWW.YOGA.HONGKONG.COM) (Some regular classes will be cancelled during her workshop . Please check the schedule to confirm class times.)

**HEALTHY BACK SEMINAR**– A TALK BY CAROLINE RHODES - THURS. NOV. 13, 7:30-9:00PM

**YOGA FOR A HEALTHY BACK** : SERIES OF CLASSES BEGINS THURS. NOV.20, 7:30-9:00

**HAPPY BIRTHDAY WORKSHOP:** IN HONOUR OF MR. IYENGAR’S 85<sup>TH</sup> BIRTHDAY, AN AFTERNOON WORKSHOP, SUN. DEC.14, 2:00 – 5:00PM. EVERYONE IS WELCOME.