The Iyengar Yoga Association of Hong Kong
Extraordinary General Meeting 2020

MINUTES

DATE Sunday, 26 July 2020
TIME 13:00 – 14:30
HOST A1, 9/F, 33 South Bay Close, Hong Kong
(meeting was held via video conferencing)

Present
Executive Committee Members
Ms Karen Lam (Chair)
Ms Aishah Binte Jantan (Vice Chair)
Mr Marshall Ng (Treasurer)
Ms Rhonda Yung (Secretary)
Mr Arnold Ip (Hong Kong Island Representative)
Mr Ray Lui (Kowloon / New Territories Representative)
Ms Kitty Wong (Kowloon / New Territories Representative)

Standing Committee Members
Ms Icy Lee (Chair - Ethics and Certification Committee)
Mr George Dovas (Chair - Assessment and Teacher Training)
Mr Chun Pang Yu (Membership Coordinator)
Ms Tiffany Hambley (Public Relations / Press and Communication Coordinator)

In attendance
The attendance record is attached at Annex A.

Absent with Apologies
Ms Helen Mahtani (Hong Kong Island Representative)
Ms Theresa Leung (Chair - Events Committee)

Invocation to Patanjali
The Chair led the Invocation to Patanjali.

Appointment of New Members for the Executive Council
1. The Chair reported that the re-election of one of the Kowloon / New Territories Representatives, Ray Lui, has been postponed due to the COVID-19 outbreak. Furthermore, Helen Mahtani, one of the Hong Kong Island Representatives, resigned from her position due to personal reasons.
2. Winnie Yu has been nominated to replace Ray Lui while Cary Au-Yeung has
been nominated to replace Helen Mahtani. The meeting approved the
appointments.

3. The Chair thanked Ray Lui for his dedication and contribution, and welcomed
Winnie Yu and Cary Au-Yeung to the committee.

**RIMYI Certification and Assessment Guidelines (July 2020) – Final Document – an
introduction**

4. The Chair invited Rina Ortiz, senior Iyengar Yoga teacher and experienced
assessor in the southeast Asian region, to introduce the Guidelines together with the
Hong Kong Assessment and Teacher Training Committee members - George Dovas
(Chair - Assessment and Teacher Training), Maggie Tan and Icy Lee.

5. The Chair of Assessment and Teacher Training recapped Abhijata’s words
that the changes in the assessment system had been in discussion over a period of
time involving the late Geetaji, Prashantji and colleagues from RIMYI.

6. Rina Ortiz ("Rina") added that Mr BKS Iyengar ("Guruji") started observing
the emerging Iyengar Yoga community in China in 2013. At that time, he had already
considered changing the assessment system. In 2005, Guruji asked Rina to learn
more about the assessments from around the world followed by asking her to go to
Pune in 2010 to learn deeply about assessments.

7. The changes now, therefore, involved inputs from the late Guruji and Geetaji,
and Prashantji over the years.

8. Rina highlighted Guruji’s stressing on inclusiveness in his manner of teaching.
He wanted practitioners to practise as a community. The framework now puts
everything under an umbrella, while locally we can adapt according to our culture
and needs.

9. The framework now is more practice-bound than assessment-bound,
allowing practitioners to go deeper into themselves and to guide them along the
path further.

10. The Chair of Assessment and Teacher Training introduced the Committee,
and each committee member introduced different sessions of the latest Guideline:

   a. Session A – Maggie Tan
   b. Session B & C - The Chair of Assessment and Teacher Training
   c. Session D – Icy Lee who highlighted p. 16, p. 19 and p.22 whereby the
      activity, sensitivity and perceptivity components of the candidate’s approach
      are mentioned.
11. **Rina** added that assessor training and assessors’ participation in regional assessments help one learn and exchange. That also helps build and mature the community, reinforcing values and directions.

12. She explained how sensing the breath helps one stay in asanas for longer. When breath is absent, there is no sensitivity. At a certain level, a practitioner should be able to stay in asanas for longer, and to direct the breaths to different body parts and / or even to the inner self to feel things at a deeper and broader level.

13. On appropriating one’s practice, she further reiterated that a practitioner should be able to identify what he / she needs for the body and what asanas to practise as appropriate.

14. On yoga practice - It is not just about “from the outside in” but also the reverse, and that is when the art of yoga sets in. When it comes to practising an art form, one starts by copying and gradually evolves into internalizing and mastering the art. Yoga practice should be like that.

15. On being perceptive – Learn to perceive if one’s ego has taken over one’s practice. Practise appropriately in different levels is important. E.g. in Level 1 – we focus on the activity component, the form, the shape and the outline of different asanas first, giving basic directions on postures and body parts. In Level 2 – we develop the sensitivity component, and we observe whether students and ourselves can feel ourselves better.

**Q & A session**

16. **Rina** mentioned that Certified Iyengar Yoga Teachers can only teach Iyengar Yoga especially when they teach in Iyengar Yoga schools.

17. On hosting workshops – Newly-qualified L2 teachers might be able to hold small workshops.

18. She encouraged members to read all the books about Iyengar Yoga. Members can refer to the books listed on p.34 of the Guideline.

19. She highlighted Q.15 on p. 53 of the Guideline – “Guruji said do not teach what you cannot practice”. She, on the other hand, encouraged teacher members and any teachers to adjust the classes according to students’ abilities and needs.

20. The Chair thanked Rina for her insights and everyone’s participation. The meeting was adjourned at 14:30.

**Distribution**

All members

Signed
Rhonda Yung
Secretary
Annex A
Attendance Record

1. Aleydis Chan
2. Cary Au-Yeung
3. Ching Man Keely Yau
4. Choy Peng Foo
5. Clara Lam
6. Daphne Pui Yu Wong
7. Devika Virmani
8. Elaine Cheung
9. Eva Chui
10. Gaelle Foulon Daffner
11. Hoi Ying (Cecilia) Lee
12. Jackelyn Ngan
13. Judy Zhou
14. Ka Ming Chu
15. Katharine Lock
16. Kathy Cook
17. Lo Yi Lulu Lam
18. Maggie Tan
19. Rina Ortiz
20. Sandy Yip
21. Vanessa Liu
22. Victoria Fouladi
23. Wan Yu Azra Lau
24. Winifred Yuk Ying Leung
25. Winnie Yu
26. Yuen Kan Tsoi
27. Yuk Choi Leung