Hello and welcome to the Newsletter of the Iyengar Yoga Association of Hong Kong!

We have called the Newsletter “Sangha”, meaning community or fellowship of people.

Community is essential in the practice of yoga: we learn from others, we learn alongside others, we uplift each other and we encourage one another.

Guruji said: “Patanjali talked about friendliness, compassion, gladness and joy. Friendliness and compassion are two qualities that are essential for yoga students. Students often look so serious and so separate from one another in yoga classes. Where is the friendliness? Where is the compassion? Where is the gladness? Where is the joy? Without these, we have not achieved the true yoga of Patanjali.”

We invite you, as members of this practice community, to contribute artworks, reflections, written work, photography—all mediums of expression relating to the practice of Iyengar Yoga are welcome. 歡迎你們投稿 - 內容可以是關於艾揚格瑜伽的畫作或素描、個人練習的分享和感想、照片等。

Please send contributions to 請發稿件到協會的郵箱: info.iyahk@gmail.com

Let us go forward in this last quarter of the year filled with compassion, friendliness, joy and a spirit of togetherness.

**DATES FOR YOUR DIARY**

- Eyal Shifroni at Yoga Central—Iyengar Central Nov 16-17
- Zubin Zarhosphitmanesh at IYCHK Nov 22-25
- Abhijata Iyengar in Jakarta, by BKSI Yoga Indonesia March 9-14, 2020 (IYAHK will take registration; stay tuned for details!)
- Carrie Owerko at Congregation House in Causeway Bay by Yoga Central – Iyengar Central March 20-22, 2020
- Father Joe in Hong Kong by IYAHK April 23-26, 2020 at HKICC Lee Shau Kee School of Creativity Arts and Culture Centre in Lok Fu (stay tuned for details!)
ASSESSMENTS IN HONG KONG 2019

September assessments for Introductory II, JI1 and JI3 have been successfully held in September with 8 candidates passed.

WHAT HAS HAPPENED THIS YEAR?

The year began with the Hong Kong Pune Study Intensive in January, which was an incredible success with over 100 participants. (pictured above)

On the other hand, visiting teachers who have been in town this year are: Stephanie Quirk, Carrie Owerko, Stephane Lalo, Sue Everett and Jawahar Bangera.

Our Natarajasana and Hanumanasana logos (see above) have been successfully trademarked in Hong Kong, meaning only certified Iyengar Yoga teachers and the Iyengar Yoga Association of Hong Kong can use them in Hong Kong going forward. Certified Iyengar Yoga Teachers are encouraged to use the Natarajasana logo (above left) for their classes and marketing materials.
Community Classes - 8 classes for the elderly after 2 demonstrated sessions with the Community CareAge Foundation group from March to June. On the other hand, a substitute yoga teacher was sent to Christian Action – Humanitarian Services (HK) Centre for Refugee from August to September.

Family Yoga class at International Day of Yoga at Asia Society in June.

NEW EXECUTIVE COMMITTEE FOR IYAHK

This year, we also welcomed a new bi-lingual Committee to guide IYAHK, under the capable and energetic leadership of Karen Lam.

Here is a piece by Gaelle Foulon Daffner about the new Executive Committee team. Please have a read!

Our Iyengar Hong Kong association held its 6th Annual General Meeting (AGM) on March 16th. One of the main agenda items was the election of new representatives for the Executive and major committees including a new chair. George Dovas, our association chair for the past 3 years was ready to pass on the baton having worked tirelessly to tighten the relationship between the Iyengar family and IYAHK which resulted, among other, in our fabulous workshop with Raya Uma Datta May 2018 and our trip to Pune this past January.

Finding a new chair is no small task for our association. First of all the candidate must be willing to take this leadership responsibility on a voluntary basis for a minimum of 3 years. He or she must hold a teacher certification and most importantly, demonstrate the capacity to represent our members’ interest while holding a vision for our community. Our new chair, Karen Lam, fits the profile and more since she has been a “fixture” of Iyengar Yoga in Hong Kong from its infancy, she is the director of Yoga Central – Iyengar Central and, most importantly is a local Cantonese speaker who according to her own words looks forward to “working on making Iyengar yoga a
more interwoven part of Hong Kong society”. She has already put her word into action spearheading a collaboration between the association and local community service organisations to develop community yoga classes taught in Cantonese by certified Iyengar teacher.

Other elected committee members that evening were Ms Rhonda Yung (Secretary), Mr Chun-Pang Yu (Membership Co-ordinator)*, Ms Helen Mahtani (2nd Hong Kong Island Representative) and Ms Kitty Wong Kwai Fong (2nd Kowloon/New Territories Representative). The Association thanked exiting committee member for their dedication and hard work including Ms Kate Lock (Membership Coordinator) and Mr Chun-Pang Yu (Secretary). The complete list of executive and major committee members can be found on the Association website on https://iyahk.wildapricot.org

The new team is already in full steam, planning, among others, the next convention by Father Joe from 23 to 26 April, 2020 for us to learn all together.

Good luck to them!!

A WORD FROM THE CHAIR

IYAHK is an association to propagate Guruji’s yoga and teachings. Let’s share our practice and work together as a community. If you have any interests, talents, time and ideas to contribute or to discuss, let me hear them!

I hope to establish a bi-lingual directory of certified Iyengar Yoga teachers and their teaching locations on our Facebook the soonest. May I once again invite teachers who have not uploaded their recent photos on their member IDs at iyahk@wildapricot.org to do so ASAP. We will provide the full list to RIMYI by mid-October.

Look forward to seeing all of you in our next event with Father Joe next April!

Namaste,
Karen Lam
(cell: 92696366)