



# Ramāmaṇi Iyengar Memorial Yoga Institute

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To,

## Iyengar Yoga Association

Dear President, Members of the Board of Association, Teachers, Assessors and Members of the Association,

During December 2015, the assessors along with representatives of each Association had a meeting with us i.e. Geeta and Prashant. There was an exchange of thoughts on certain issues like the process of assessment, teacher's training, and the functioning of Association etc.

All of us have the same goal, which is sharing Guruji's teachings, and learning the subject of Yoga. In that light, we i.e. Geeta and Prashant, are addressing you all so that we carry forward the light of Guruji's teachings with purity in kāya, vāk and manas (body, speech and mind).

The following will clarify RIMYI's position regarding assessments and teacher training programs and must be shared with your Association membership: both teachers and students, so that all will know the requirements of studentship, certification, assessment and teaching.

In addition, associations will later receive from us revised and standardised syllabi for the certification levels.

1. All students of Guruji that wish to become members of the Association should be accommodated into the Association. While it is true that time comes for seniors to make way for juniors in organisational committees,
  - Juniors should respect and seek the advice of seniors as their experience and maturity is important for the healthy growth of Iyengar yoga.
  - Seniors should have an open mind to consider suggestions of juniors as their freshness will bring new dimensions in the growth of Iyengar yoga.

Patanjali speaks of viveka (discrimination) and all of us as students of Guruji, should bring in our sense of discrimination and we should all work together with a balanced mind. Yoga sadhakas should show maitri (friendliness) to all those who are directly or indirectly, students of Guruji.

2. The word 'Association' itself means an organisation of persons having a common interest. So, all members of each Association, and the Associations themselves, must have a friendly approach towards each other, and have an ongoing communication.

x Geeta S. Iyengar



There has to be an exchange of knowledge given by Guruji all over the world. Therefore, there should be communication between the Associations. Guruji's statement, "Giving does not impoverish; withholding does not enrich", should not only be understood by us, but should be practised by us.

Though we are geographically apart, when it comes to Yogic philosophy we must consider ourselves as one.

## ABOUT TEACHING

1. Normally, Asanas are taught according to the syllabus made by Guruji, and then the students are upgraded to higher levels. Earlier, even if they had not read Guruji's books thoroughly, they were accepted as senior students. Now we are fortunate to have so many books and articles by Guruji; students should be encouraged to read those to know his approach towards Yoga. So, it is a new responsibility on teachers to get their own students together to explain and discuss the writings of Guruji.

Here is a list of the books written by Guruji, available in English:

- Light on Yoga
- Light on Pranayama
- Light on the Yoga Sutras of Patanjali
- Light on Ashtanga Yoga
- Yaugika Manas
- Pātanjala Yogasutra Paricaya
- Light on Life
- Core of the Yoga Sutras
- Astadala Yogamala: The Collected Works of Yogacharya B.K.S. Iyengar
- Concise Light on Yoga
- The Illustrated Light on Yoga
- Art of Yoga
- Tree of Yoga
- Body the Shrine, Yoga Thy Light
- Iyengar: His Life and Work
- Basic Guidelines for Teachers of Yoga
- YOGA - The Path to Holistic Health
- Iyengar Yoga for Beginners
- Yoga Wisdom and Practice
- Yoga for Sports

Guruji's work needs to be translated in any language where there are students. The student community can get together to work in this direction.

2. It appears that students are sometimes forced by teachers to achieve the final classical Asana for the sake of certification. This can prove to be



*Ganta S. Ganza* *Murthy*

