

Yoga Matters

Ya Yoga Alliance
Integrity. Diversity. Community.

September/October 2007 Issue

"When I let go of what I am, I become what I might be." Lao Tzu



October, 2007

There is a Chinese proverb that says, "He who deliberates fully before taking a step will spend his entire life on one leg." In looking at this proverb through a yogic lens, I see two counterbalanced thoughts. The first is, although it is extremely important to be mindful, movement *is* necessary. Just as you trust the flow of breath in a Vinyasa practice, sometimes you must trust the flow of life and step out on faith knowing that ALL is happening for your Highest Good. The second underlying truth in this proverb is that at some point it's good to come back to steadiness on two feet – to Tadasana-Samasthiti. Imagine spending your entire life in Virabhadrasana III or Vrksasana! We are reminded that change is natural and harmonious with nature and life.

For example, as we go deeper into fall, think about how to balance movement with stillness. The autumnal equinox at the end of September has led us into a time for turning within. It is a time for cleansing the body, mind and spirit, making space for a richer, fuller internal and external experience. As we look forward to 2008, it is also a time to set your intention and take specific action to further your life vision and deepen your personal practice.

Yoga Alliance has embraced this season of change and renewed our approach to purposeful progress. As we strengthen our house within, we continue to expand our reach into the community, connecting with teachers and listening to students. At the end of September, the YA Board of Directors held its fall meeting in conjunction with *Yoga Journal's* "Drop Back Into Nature" Conference in beautiful Estes Park, Colorado. Jeannine Frest from the YA staff and the entire YA Board were present at our booth in the Yoga Marketplace and participated in a host of interesting workshops. Above all, we were delighted to have the chance to meet many of

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- * Seva Sightings: Global Mala Project
- * Yoga Day USA... Doing It in a Big Way
- * YA Opens Search for Two New Board Members
- * YA Welcomes New Board Member – Felicia Boyd



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Yoga Alliance on the Road

(Please stop by and say "Hi!")

October 18-21, NAMA Conference
Albuquerque, NM

January 18-21, 2008, Yoga Journal
Conference
San Francisco, CA

the RYT's in attendance.

The YA Board also welcomed a new Board member, Felicia Boyd. Felicia offers over 28 years as a dedicated yogini, as well as over 20 years of experience in corporate and public service specializing in Information Technology. Please take time to read her bio in this issue. In the spirit of change, Shakta Kaur's term as Interim President/CEO ended and I was elected Chair of the Yoga Alliance Board. As a karma yogi, I will keep a watchful eye on the organization as Interim President/CEO while we continue our executive search for a permanent CEO, someone who is spiritually vested in our community and has the practical skills to move YA into its next life-form.

Join us as we expand our horizons. From October 18–21, you'll find Yoga Alliance exhibiting at the National Ayurvedic Medical Association (NAMA) Conference, "Ayurveda in Practice," in Albuquerque, New Mexico. NAMA extends its member discount to RYT's for this event (www.ayurveda-nama.org). I encourage you to visit the YA booth and allow YA staff member Jackie Gray and me the chance to meet you! Treat yourself to new perspectives and deepen your knowledge of Ayurveda while taking in the breathtaking beauty and rich history of "The Land of Enchantment." Practice yoga in a new environment and be transformed by the experience.

As Sri Krishna Pattabhi Jois says, "Yoga is 99% practice and 1% knowledge." In other words, it requires you to move from the intellectual realm (knowing what to do) to the experiential realm (actually doing it). Find *sthira* (steadiness) and *sukha* (comfort) in your life as you move deliberately with intention. Allow your students to be your teachers and your entire life to become a Vinyasa. Ask yourself, "How can I find balance between effort and ease? What steps am I taking every day – on and off the mat – that allow me to transform my world?" And, of course, if you find yourself moving *too* fast, remember the essence of the practice... be still and just breathe! The stillness will inform your next step and the breath will infuse your spirit with energy.

As my guru, Sri Swami Satchidananda said: "Become great servants of humanity. Renounce all the selfish shells. Walk on the earth like liberated gods, representatives of God, the true children of God. Let people see the light in you and see their light with the help of your light." And, every day find a reason to say, "Jai!"



Teresa Kay-Aba Kennedy,
Ph.D., MBA, RYT, CHHC

ya survey

Please note: the results of the IYAT Yoga Injuries survey that appeared in the last issue were not available at press time. We hope to include them in our next issue.



Seva Sightings

Global Mala Project

Did you participate in the Global Mala Project that was held September 21-23? If so, we'd love to hear about your experience. Please contact us at Yoga Alliance, 7801 Old Branch Avenue, Suite 400, Clinton, Maryland 20735.

The worldwide event, spearheaded by Shiva Rea, E-RYT 500, coincided with the UN International Day of Peace on September 21, and was designed to inspire communities to learn more about "yoga as peace in action." Yogis and yoginis all around the world took part in events ranging from dedicated yoga classes to a full weekend of events. Any inspiration rooted practice was encouraged and all used a variation of 108 (minutes or repetitions). Practices included sun salutations, rounds of Mantra, rounds of Kriya and minutes of meditation, Kirtan or movement.

Participating groups also were encouraged to use the event as a fundraiser for the charity of their choice.

Weekly Sutras Via E-mail

Nischala Joy Devi E-RYT 500 and Deva Bhaskar RYT 500 have created a free service that allows participants to receive weekly sutras via e-mail at no charge beginning November 1. "Our