



CYTA NEWSLETTER

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CYTA Web Notes

For updating CYTA
teacher member's bio pages
on the website or any other
website queries please contact
Dan Erdman at
dan_erdman@hotmail.com

Teacher member's bio
pages will be updated twice
a year — once in the begin-
ning of the year in January
and the second update in the
month of July.

Please limit the bio to
your name, contact info and
brief information about your
style and classes.

Expanding, Blending and Growing our Yoga Community

by - Anna Ferguson, Roger Null, Frieda Hughes and Dan Erdman

In past articles we've shared some history of the Cincinnati Yoga Teachers Association and the growth and expansion the organization has experienced.

With the addition of new Board Members and a growing list of excellent teachers, it's time for expanding, blending and growing our Yoga Community. If we don't keep moving forward, we fall backward. There's no such thing as standing still.

We'd like to share an idea from CYTA member teacher Anna Ferguson about bringing the Yoga community together in one huge event. Anna says, "I have been talking to some local studios about a big yoga event and they are very enthusiastic about bringing the yoga community together.

This summer, 6 yoga studios in Cincinnati joined together to develop CAYS, *Cincinnati Association of Yoga Studios*. Their mission is to work together to bring more exposure to yoga in Cincinnati and sponsor well known teachers for events. For more information, you can visit: "<http://www.yoganati.org>" www.yoganati.org. The site does not have much information on it right now, but they plan to have links to places to do yoga in the city, and with that, include a link to CYTA.

There are many studios in the Cincinnati area that are based out of people's homes, some larger studios in business districts, etc. Anna suggested that a link be added to the CYTA website to allow someone interested in Yoga to search by studios.

In meetings this year, the Board has been focusing on improving benefits for all members, including those like Anna, who teach in or own studios, and those who teach in venues like the YMCA's. To that end, we plan to add a link (*among others – see article about web site improvements*) to search for a teacher by Venue. Our thought is to allow each teacher room in the web-based database to list 3 places where they teach, and thus be found via this new link.

In addition, the Board thought Anna's suggestion of a huge event for the greater Cincinnati area a great idea and a group is being formed to plan the details with Anna and other interested parties.

To further the enthusiasm we're certain this article has already aroused for you, a little surfing might be in order. At <http://www.texasoyoga.com/> in Austin, Texas, you can read about a weekend retreat at a beautiful, large ashram and retreat facility, complete with vegetarian meals, massage therapy, hiking, music

See Growing CYTA, continued on p. 2



Growing CYTA, continued

and more. It focuses on building community through individual relationships.

See <http://www.sunstoneyoga.com/>. We're told their 60-Day Yoga Challenge of doing yoga 5 days a week for 9 weeks will change your life!

At The Mandala Yoga Project, www.themandalayogaproject.com, you will see how a few concerned yogis have brought together more than 1600 yoga studio owners with the intention of simply understanding what is going on in the yoga world and to bring the community together.

Anna Ferguson, owner of a local yoga studio, Gratitude in Motion, is a member of the Advisory Board of The Mandala Project. Lisa Goldstein, who created the database, named her research project The Mandala Project to fit the idea of bringing together a community which would preserve our rich heritage of yoga

teachings and pass them on without diluting them.

Greater collaboration efforts like the Mandala project and Anna's Cincinnati Yoga Event can be avenues to expanding Yoga practice as a part of the American lifestyle in coming years.

In the past, CYTA has asked teachers of different styles to teach and share at Day of Yoga. This was an opportunity for the teachers to enlighten others about their style of yoga. We see continuing and growing cooperation among all Yoga teachers in the Greater Cincinnati area, working for the good of all concerned, and for further enriching of our city with promotion of Yoga as a lifestyle choice.

Thanks to Anna for her proposal! And thanks in advance to everyone who is willing to share YOUR thoughts and ideas!

Website Improvements Coming — *by Dan Erdman*

The Board has been discussing member benefits recently and agreed that one channel for improvement would be our website. A committee is working on the general plan noted below to 'flesh' out the 'skeleton' of ideas. Below is noted a rough draft of that outline.

Several new links will appear on the left of the CYTA Web Pages:

Search by Venue — Clicking here will allow people who are interested in finding a teacher to search by the specific location where you offer Yoga classes, be that at your home, a studio, or YMCA, etc. The original plan is to allow each teacher to have 3 venues.

Become a Member — Clicking here will allow a person who's interested in joining CYTA to register her/his request to do so. Once the online form is completed, the Member-

ship committee will be notified that she/he has requested membership and will make contact to follow up.

Members Only — Clicking here will present a page for members to "sign in" with her/his User Name and Password to the Members Only section of the website. Once successfully signed in, several new links will appear, with web pages for each of those links:

Update Member Info — Allows signed in member to enter/update her/his information, including but not limited to: *Contact information* — 2 phone numbers, address, 3 teaching venues, e-mail address, website.

Member Newsletter — Articles Submitted by Members and approved by Board for publication in print and here.

Member News — Members can keep in touch with each other by just listing quick personal notes, pregnancies, fun vacations, gradua-

See Website, continued on p. 7

"A dream is just a dream. A goal is a dream with a plan and a deadline."

— *Harvey Mackay*

Survey For You, cont'd.

I would prefer that CYTA align with a national certification program

1 2 3 4 5

I would like CYTA to develop more continuing education opportunities

1 2 3 4 5

Section 4: For All Members

Comments: Please note Suggestions/Comments/Questions on this page. When doing so, note the Section # and Question # about which you are commenting, if applicable.

Cincinnati Yoga Teachers Association Presents

IYENGAR YOGA WORKSHOP

Friday, September 28 – Sunday, September 30, 2007

Everyone Welcome!

No yoga experience necessary — Bring a mat and blanket — Wear: loose fitting clothes



Laurie Blakeney (pictured here with Shri B.K.S. Iyengar) is a Senior certified Iyengar yoga instructor. Laurie is the director of the Ann Arbor School of Yoga, and continues her studies annually under the direction of Sri Iyengar himself, his daughter Dr. Geeta Iyengar and his son Prashant Iyengar at the Ramamani Iyengar Memorial Yoga Institute in Pune, India.

She brings to her class a uniquely personal and direct style of teaching, challenging students while helping them to enjoy exploring their potential. Rooted in the Iyengar tradi-

tion of Patanjala Yoga, her teaching focuses equally on strength, flexibility, stamina and balance with an acute emphasis on correct alignment.

Iyengar Yoga is based on the teachings of Shri B.K.S. Iyengar, the revered living Yoga master. Author of the seminal *Light on Yoga*, *Light on Pranayama*, *Light on Yoga Sutras of Patanjali* and *Light on Life*.

B.K.S. Iyengar's religious devotion to the complete subject of yoga has popularized yoga throughout the world as thousands now practice and teach his method.



LOCATION:

Jesuit Spiritual Center Milford
5361 S. Milford Road
Milford, Ohio

DIRECTIONS:

Exit 275 at the Blanchester-Milford Exit
Traveling North, Turn Left onto Rt. 28
Traveling South, Turn Right onto Rt. 28 (Main St.)
Go thru the village of Milford to the last traffic light
Turn LEFT onto Garfield Ave. for 1 block
Turn RIGHT onto High for 1 block
Turn LEFT onto Mill to stop sign
Turn RIGHT onto Cleveland for 1 mile
The Center is on your RIGHT

FEES: (Fee includes lunch on Saturday)

Non-Member \$225

CYTA Member \$200

CLASS SCHEDULE

Friday, September 28

5:30 – 6:30 pm Registration
6:30 – 8:00 pm Class

Saturday, September 29

8:30 am – 11:30 am Class
11:30 AM – 2:00 pm Lunch
(Included lunch of Salad, Stir fry vegetables, wild rice, Tofu/Chicken, Cookies, Lemonade and soft drinks)
2:00 – 4:00 pm Class

Sunday, September 30

9:00 am – 11:00 am Class
11:00 – 11:30 am Chanting
11:30 am Closing

MORE INFORMATION:

Call: Bhargavi Pandalai 513-563-7655

Email: nuttynerd2001@yahoo.com

IYENGAR YOGA WORKSHOP REGISTRATION FORM

Name _____

Address _____

City, State, Zip _____

Phone(s) _____

E-Mail _____

Amount Enclosed _____

\$200 Member

\$225 Non-Member

Make checks payable to:

CYTA Iyengar Workshop 2007

Complete and mail form along with your check to:

Iyengar Workshop

c/o Bhargavi Pandalai

3351 Twilight Drive

Cincinnati, OH 45241

Seeing Yoga As Union — by Anna Ferguson

Yoga is union with the divine life that spreads through the world; it is the goal of our life on Earth.

No matter what style of yoga you practice, the basis of all styles and the essence of yoga is union. When you see yoga as union, then it is clear that we are all practicing the same thing.

Yoga is not just union between humans; it is union between all animals and life's creatures on the planet. It is union between heaven and earth, darkness and light, sun and moon, yin and yang.

To truly see yoga as union, we must embrace the following qualities: non-violence in word, thought and action to all animals and beings,

truthfulness to ourselves and all life, non-stealing in physical and non-physical acts, control of the senses, non-greed, purity (internal and external cleanliness), contentment, self-discipline, self-study, living with an awareness of divine presence, control of the palate, equality of all people, religions, countries and life.

To build a yoga community that works together with similar visions, we must see yoga as union and we must observe what this union really is, which is beyond an individual or group of people and extends to the entire planet; our environment, our treatment to each other and all animals, the purchases we make and the food we eat all need to be done with conscious awareness.

When we live with this awareness and follow our intuition we not only find union within the yoga community, but union with the earth and all the wonderful things that are provided for us.

Inspirational books on how we can create this union and lead lives filled with love, peace, joy and gratitude:

Jivamukti Yoga: Practice for Liberating Body & Soul, Sharon Gannon & David Life

Mastering the Secrets of Yoga Flow, Doug Swenson

MetaBusiness: Creating a New Global Culture, Greg Nielsen

World Peace Diet: Eating for Spiritual Health & Social Harmony, Will Tuttle

Calendar of Events

Sunday, August 19th 2007, 9-12:00 pm Anatomy 2 & Physiology

Sejal Mehta, CYT, PT

(Continuation in the Anatomy Series from June 3rd, 2007 gathering)

Venue – Ft. Hamilton Wellness Center located at the East Butler YMCA

Address: 6645 Morris Road, Hamilton, OH 45011; Check the website for detailed directions.

CYTA Gatherings are FREE for Apprentices, Mentors & Board Members. \$10 for CYTA Members & \$15 for Non-Members.

September 28 - Sept 30th 2007

CYTA is sponsoring an Iyengar Yoga weekend workshop with Laurie Blakeney, senior certified Iyengar yoga instructor and director of the Ann Arbor School of Yoga

Venue – Jesuit Spiritual Center, 5361 S. Milford Rd, Milford OH 45150

Class size will be limited to 45. We are taking advance bookings or deposits. Please mail check to Bhargavi Pandalai, 3351 Twilight Drive, Cincinnati, OH 45241 (513-563-7655). First come first served. Member fee = \$200, Non-Members = \$225 Lunch is included for Saturday.

**Details & registration forms will be mailed to Members

Friday, October 26th 2007

CYTA Annual Dinner, 6:00-8:30 pm

Venue – Tri-Health pavilion

Hold the date!

November will be the month of Chanting & Kirtan

to celebrate the wonderful year of 2007 and to welcome a prosperous 2008.

**Check website www.cincinnatiyoga.org for more detailed information on any of the above listings.*



Mary Fitzgerald: Deceased, June 21, 2007

It is with a heavy heart that I write this. A tribute to a friend and fellow Yogi who shared with us this practice called Yoga. In this she shared her heart.

She was a faithful member of CYTA and for several years the Program Chair. Mary was responsible for bringing several outstanding teachers to Cincinnati.

She got the chance to start a new job and went off to Switzerland for training. She stayed in touch with her students via email. We laughed when Mary said her only connection with home was watching Sponge Bob on TV.

She returned home to resume the class but life interfered.

The cancer from several years ago had returned. After treatment she returned to the class and we were hopeful.

When something like this happens we ask Why? but receive no solid answer. Our solace is that she died peacefully.

Mary left us in body but not in mind or Spirit. She remains with us in every phrase she turned and those of us who were in her class remember those as our special gift from her.

We will miss you Mary. OM Shanti, and Namaste,

Roger Null

Website, continued from p. 2

tions, family news, anything that helps us build community.

Discussion Board — This could be a terrific avenue for helping each other expand our knowledge and wisdom, and thus improve our teaching.

Member Opportunities — This could include some or all of the following as well as more, all designed to help members with needs that may arise. Members would enter opportunities directly into a page designed for that purpose: Training Opportunities; Jobs Needed; Teachers Needed; Miscellaneous Opportunities

Articles — These could be extended articles on Yoga topics meant specifically for teachers, written and submitted by members only.

Yoga Links — Members could submit links to other websites where she/he has found information valuable to Yoga teachers.

We hope to have all of this planned and the programming costs determined before the August board meeting for review/edit/approval and implementation this Fall. At that time, we'll send instructions to members on how to utilize these new benefits.

In addition, we'll provide support if there are problems with how to use these new tools. If you'd like to provide input, you can do so via the Member survey, included in this newsletter or contact Dan Erdman at Dan_Erdman@hotmail.com. Please note: CYTA Web in the subject of your e-mail so Dan knows that this is not just junk mail.

CYTA Newsletter Editorial and Production Staff

Chris Rennegarbe, Mailing List Editor, Print Production & Distribution
 Pooja Malhotra, Content Editor
 Frieda Hughes, Design & Layout Editor
 Dan Erdman, Webmaster

**November will be the month of
 Chanting & Kirtan
 to celebrate the wonderful year
 of 2007 and to welcome
 a prosperous 2008!**

See Calendar of Events page 3

SAVE
October 26 for
 the 2007 CYTA
 Annual Dinner/
 Membership
 Meeting!
 Tri-Health
 Pavilion
 More info on
 website.

*Don't miss any CYTA
 Events!
 Save this Newsletter
 for reference!*



Cincinnati Yoga Teachers
 Association Newsletter
 Summer 2007

Change of Mailing Address
 If there is any change in your
 mailing address, please send
 your updated address to
 Chris Rennegarbe at
 929 Oregon Trail, Wyoming,
 OH 45215 or email to
 crennegarb@aol.com for
 uninterrupted receipt of this
 quarterly newsletter.

