

Hello From India!

As I write this I am keenly aware of love and loss, as I have received sad news about a great loss one of your fellow students has endured. Without encroaching on their privacy, just send some prana that way, as if we were all standing with linked hands and sending a pulse around the circle.

It's been a week and a half here, but if you go with the formula that it takes one day for each hour of time difference to recover, I am just now right. The weather is mildly hot, But cool enough to sleep at night. The schedule I have been keeping, either starting the day with a three hour practice or a two hour class, breaking for lunch and then going to help with the medical class for two more hours, and then for a 2 hour class has made the time go fast. I live in an apartment building right next to the Institute, so it takes me 5 minutes to get to class(a nice change from home!) I have great apartment mates. Manju is from Boston, a yoga teacher who is also a forensic psychologist and has a family, the other, Stephane, a teacher from France. There is a cook attached to the apartment and Manju and I have her cook for us when we have late class. It's so nice to come back to a prepared dinner.

Practice is a time when everyone does independent asana work.

B.K.S. Iyengar is there doing his practice and pausing to teach his granddaughter Abhijata . I often go over to hear what he is teaching her . The other day he had her go into pincha mayurasana, adho mukha vrksasana and bakasana repeatedly, (these are difficult arm balances). As her energy waned (after about the 25th one), the instructions became even more subtle and in her last one she practically floated up by bringing her mind to such one pointed awareness and using her body accordingly. It underlined his real art, seeing where just the lightest touch could bring everything together with lightness and grace. One has to start with the gross movements, but then the subtle ones elevate it all to a new and very different endeavor, a true meditation in movement.

I thought coming in February it wouldn't be so crowded, but apparently everyone else thought so too. I know several folks here from past visits and from the states. There is a large contingent from

France, and also from Japan, Poland, Germany and Russia. We even have Canadians! In class the "foreigners" account for about 1/3rd of the numbers, the rest being local students.

I haven't taken many pictures yet, but I think I will now. I sort of hate stepping out of the picture to take a picture. It's a busy city and I am dealing with traffic noise, lots of keys, and taking my life in my hands to cross the street.

I arranged a great retreat before I left at Boyne Highlands, March 24-26th. They are going to let us use the country club and be the only group there. Housing will be across the street at the Heather Highlands, or you can stay at home and just come during the day. Four asana classes, two pranayama classes, and some philosophy will round out the yoga offerings. A wonderful Indian menu has been planned and will be served there on site.

Check it out on the website! Or download it yourself by entering

<http://www.4shared.com/file/219197211/9522910f/>

[lyengarYogaSpringWeekendRetrea.html](http://www.4shared.com/file/219197211/9522910f/lyengarYogaSpringWeekendRetrea.html) and pressing download.

Namaste!

Mary