

In This Issue...

Our cover photo was the final painting by **Maria de Jesus Torrez Garcia**, who survived for 92 years. Persevering with Power through service to others. Praying was her practice. Showing 5 generations how to grow a relationship with our best self. With depression and dementia she prayed, painted, preached patience, practiced supine and seated yoga with her granddaughter and great-grandchildren every weekend. The virtues she left in legacy of all who loved and knew her are gifts toward tranquility in transition.

Hong Gwi-Seok

Dawn Ceballos

Misia Denéa

Cheryl E. Ball

Join the IYDC Co-op to help in our healing justice mission! You can be a worker-owner of the only yoga co-op in the U.S. by providing two hours of volunteer (for now) work to the studio per month. See <http://iyengaryogadetroit.com> for more information.

Body Thy Shrine is Iyengar Yoga Detroit Collective's wellness zine. Want to participate? We are always taking submissions! Please email your contributions to iydczine@gmail.com. We accept writing, artworks, photos, really anything that can go into a zine format. Get involved!

To order a print copy of *Body Thy Shrine* please send \$10.00 to our Paypal [@IyengarYogaDetroit](https://www.paypal.com/@IyengarYogaDetroit) with your address in the notes. For multiple copies and other inquiries, write to us at iydczine@gmail.com. Donations gladly accepted.

Thank you for your support! - IYDC
Published in Detroit, Michigan 2021



Body Thy Shrine

Iyengar Yoga Detroit's Wellness Zine

ISSUE 2

We Honor the Earth, Air, Water, Plants, Animals, the Indigenous Anishinaabe, Ojibwe, Potawatomi, Odawa People of Waawiyatanong, Detroit, and the Spirits of this space. We recognize the sacred teachings of BKS and Geeta Iyengar, and of Patanjali. Offering our merits in transcending tapas with our ancestors and asanas. We strive to come into a harmonious healing, powerful protection, courageous cultivation, and replenishing our natural relationships with the Earth, Air, Water, Plants, Animals, those that carry the Sacred Knowledge, and our Inner Teachers. Peace, Love, and Miracle Blessings to all our steps, breaths, and spaces.

This zine is produced by the Yoga in Society group at



WINTER SCHEDULE

Starting January 3, 2022

See the full schedule at <http://iyengaryogadetroit.com>

Pay through one-time passes/cash, monthly Patreon, or community gift options.

Mondays - 9am, 5:15pm, 6:30pm

Tuesdays - 7:30am, 9am, 12pm, 5:15pm, 6:30pm

Wednesdays - 9am, 5:15pm

Thursdays - 5:15pm, 6:30pm

Fridays - 9am, 5:15pm

Saturdays - 9am, 10:30am

First Sundays - 3:30pm Detroit Sound Immersion
+ Restorative Yoga

Iyengar Yoga Detroit Collective's Statement of Purpose:

- We embrace Iyengar Yoga as a practice for healing and collective liberation, by providing high quality, affordable classes that welcome all bodies.
- We promote self-awareness to create a more just, discerning, and compassionate society.
- We practice cooperative economics to align our values with the ethics of yoga.

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The Formula of Power: Pathways to Balance Through Martial Arts and Yoga

Dawn Ceballos

“With their limbs and bodies fatigued, their hearts could not be repressed. They were more than brave: they were inspired with the spirit of Wu.” —“Battle” from *Jiu Ge*

I remember the days rushing to get to class “on time,” which me and my young ones rarely were. I am wholeheartedly appreciative of the flexibility of my teachers and peers to create space for my young children to adolescents to “jump in” to get our warm ups in for Saturday Kung Fu class, an hour away from home.

It was important to me that it was normalized to learn together, through time with my children. Looking back, I realize my children’s character, virtues and principles, as described by their teachers recently in parent teacher conferences, reference the Sacred teachings we received together as we tripped and traveled to our learning curves.

When I was pregnant with my daughter at 24, I saw how there was something almost mystical about the depth of potential that was opening up in me with Yoga, this refined-over time practice. I never wanted to settle for ‘newbee’ teachers, because the difference in sequence, class ambience and after-class effects were clear as day.

Acknowledging now at 42, we found our teachers. I believe in miracle blessings and “ometeotl” (interconnected energy between all living things, Nahuatl language of Mexico). I also believe that the lineage of the carriers of this old, Sacred knowledge, ancestors to teachers of today, is something to honor by prioritizing in our life. This ‘ceremony work’ for this spiritual path, is tenderizing to the mind, body and spirit, which to the outside world looks like a persistent confrontation of the narcissistic ego and humility—finding a point of balance on the borderlands of what I know in my body and the unknown to what has always been known in my spirit. This tenderizing process brings an abundance of centerline confidence that stays like muscle memory in my physiology, steps and breaths.

‘Tripping as I travel’ to honor and prioritize these teachings helps me today to rescript my story of a survivor, of a daughter of a survivor, a mother of a daughter and a son, a caregiver to my Abuelita, an instructor of martial arts and as a community and school counselor. As my practice refines over time,



so does my efficiency in receiving and sharing. Grace in action is the goal, but no harm to others is my primary objective.

It sounds counterintuitive to not want to harm someone as a martial arts practitioner, however, the scenarios of what constitutes a real threat has diminished as these practices help to re-story my scripted narratives of trauma. Now I see my arsenal of tools to mitigate and deescalate common threats, and my reactions rooted from trauma. Compassion grown from the inside-out, with the application of benevolence is my battlefield to utilize the principles of Shaolin and Yoga. Woven in each application or asana is a reminder of the great vulnerability and great capacity of the human form. Like my teacher always says, “Enter each situation as though someone is far more skilled than you, ‘cause you never know.”

Everyone is hurting, so then, why would I pick a fight? As the Eastern Sacred Wisdom unfolded in my practices, I stumbled into Tao cultivation. As a person who “received Tao” these opportunities that look like obstacles offer a space of transcendence of entangled karma, or unresolved drama from my mind, mouth, body or spirit. Therefore, I feel very grateful for so many tools to accompany such a situation.

This philosophy and wisdom aligns with the Warrior Yogi and Martial Arts. Reading situations is a form of literacy that involves the entire sentient being. Aply, we practice to enter dark spaces with the light cultivated with our human senses. Sensitivity internally, offering messages of limitations and expansions; externally, what tools are needed for this space in time, in this body? I can now see Ardha Chandrasana, half moon pose, as a tool to help me expand when I feel imbalanced. I “see” floating ribs, kidneys and collarbones as an invitation to create an end and a new beginning. I see how the light in eyes can relieve uncertainty in dark times. I am sure I bring that light through my eyes in dark spaces.

Yoga and Martial Arts unites, destroys, brings joy, dismantles, conducts, explodes, develops and discerns what is in us. The steps in practice needed to breathe through these phases to understand ourselves seems to be in constant change. Cultivating the courage to honor the natural elements, heal from the lies that we held true in our hearts to persevere powerfully with peace in our pace in every step and breath with graciousness in gratitude. When we recognize our “yoga” and “kung fu” as we choose a path with purpose, tripping as we travel, embodying compassion in communicating with all that is in and outside of us, let us honor those that came before us, because these practices are our treasure!

插足冲天拳



为物等或强盛时，其及至内时
森增则气鼓固息，用力收固也

出爪亮脚拳



近身推敌时，每平胸透背
用力亮脚时，按气七次也

三盘高桩势



上臂屈伸时，肩膝脚注
及开脚伸脚，手脚屈伸
四掌脚伸时，手脚屈伸
四掌脚伸时，手脚屈伸



H22-3



H26-2-3

中歇歇



微屈或直上时
力脚收伸脚时
宜平伸脚时
脚伸脚时或脚伸



H13-1



H16-1



H17-1



H25-1-2



H26

两手齐伸时，包腰屈膝时，
未伸脚时，白更由牙更
缩脚屈膝时，缩气屈膝时，
缩气深屈时，均在肘更等。



THE SKY MAP + PLANETARY TRANSITS

By Misia Denéa

SUN ENTERS SAGITTARIUS

NOVEMBER 21, 2021

Firing up your imagination! Hello Sadge—The archer! This is the time to be aiming to think and dream BIG. It's time to be a visionary :-)

MERCURY ENTERS SAGITTARIUS

NOVEMBER 22, 2021 -

Keep it real, Keep 'a hunded' with folks. Keep an open mind. Speak your mind and maybe even pour some honey on your tongue first. Make an effort to be both blunt *and* kind :-)

NEPTUNE DIRECT IN PISCES

DECEMBER 1, 2021

Dream on Dreamer! Listen to the ancestors and spirit guides that visit you during nocturnal hours or even in daytime reverie.

NEW MOON IN SAGITTARIUS

SOLAR ECLIPSE—DECEMBER 4, 2021

Closing out the Gregorian Calendar year, this is a great time to look at those goals for the future and don't be afraid to set goals that will challenge you...in a BIG way.

MARS ENTERS SAGITTARIUS

DECEMBER 13 2021

Dream big but make it actionable. Maybe you are taking a trip or two for the holidays (with the proper COVID era protocols, of course) or maybe you sign up for a new course or read some new material.

MERCURY ENTERS CAPRICORN

DECEMBER 13 2021

Again, set them goals...like a boss zaddy! C'mon goal digger! What is your strategic plan? CAPS! CAPS! CAPS!

HARDY

Got a Minute? Yoga Clinic

Low Back Pain

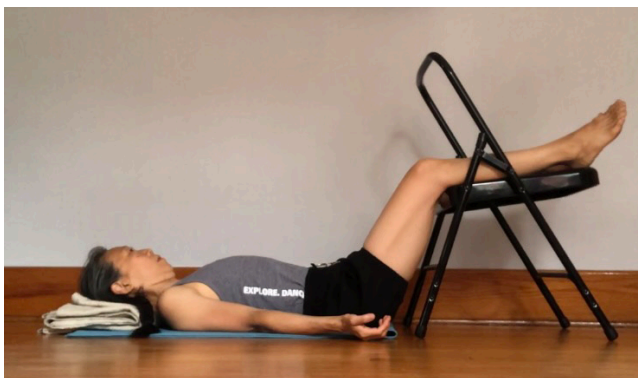
Hong Gwi-Seok

Did you know that the #1 reason folks go to the doctor is for back pain? Unfortunately, most doctors are not trained in ways to alleviate pain except for drugs and possibly surgery. Fortunately, you have your local Iyengar Yoga teacher who IS specifically trained in ways to ease pain! Students report over and over again how much Iyengar Yoga has helped.

Here are some simple things you can do at home. Many of them require a chair (steel, backless). You can make one if you have the tools to remove the back and file down rough edges, or you can buy one from IYDC at a sliding scale (\$30-100), or make do with any armless chair, stool, ottoman, etc. If you don't have a bolster, use blankets, towels, cushions, or firm pillows. In all these poses, stay as long as you wish, and repeat as often is helpful.

Low back śavāsana

Lie on your back and rest your shins on a chair. Place the chair off the mat so you can gently push it away to traction your buttocks away from your waist. Feel the back muscles spread, and the sacrum become level. Optional: If you have plate weights, sandbags, and a friend nearby, you can put a bolster on your lower abdomen and ask them to place 20 lbs or more on top of the bol-
ster to further allow the back muscles to rest and stop spasming.

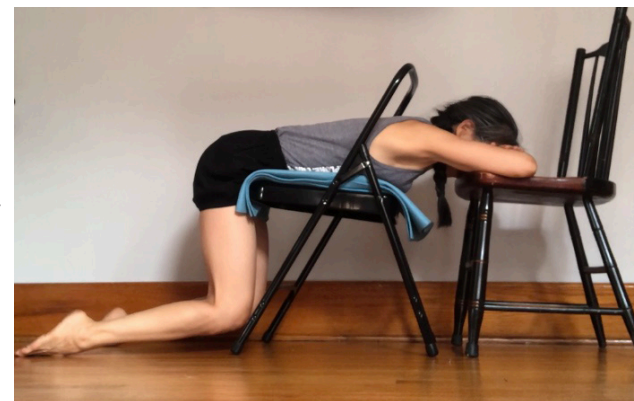


Prone low back śavāsana

Some people find this version of Śavāsana more soothing than the supine one. Use a flat bolster or stack of blankets under the trunk so that the tailbone angles downward and the back muscles spread. Turn the toes slightly in, so that the back thighs spread outward (internal rotation of the femur). Optional: rolled blanket under the ankles, weight on the sacrum angling downward.

Chaturangāsana

This pose levels the hips and sacrum and allows the surrounding muscles to relax. Make sure the edge of the chair is exactly in the hip crease, not the abdomen. Use enough height so that the legs dangle (knees are not touching the floor).





Pavanamuktāsana

Stack 2 bolsters, or the equivalent, staggered, with support under the top bolster. Use plenty of height so that the hips are higher than the knees and the whole trunk supported. Crease forward from the hips and support the whole trunk.

Adho Mukha Śvanāsana with traction

Loop a strap or the equivalent to a doorknob and use support for your arms/hands. Bring the strap to the very top of the thighs. Place your hands on a chair, then step back as you push the chair forward. Make sure the legs are completely straight with the knees and toes facing forward, and that you are centered with the strap. Here, the forehead is resting on the seat of the chair to help quiet the nerves.



Vegan Apple Oatmeal Muffins

A few months ago, when apples were beginning to ripen on the trees, I noticed that there were two golden apple trees in my neighborhood, on city property, that no one was tending to. So in forager fashion, I took my step-ladder to the nearest tree and retrieved a huge box full of delicious apples! I came home and made a favorite recipe for vegan apple muffins (adapted from <https://www.bakerita.com>). They were gone within the day, so it was time to harvest another bounty that the land had provided. — *Cheryl E. Ball*

Prep Time: 15 minutes

Cook Time: 18 minutes

Ingredients

For the apples

2 medium apples, peeled and chopped into 1/4" cubes
1 tablespoon light brown sugar
1 teaspoon cinnamon

For the batter

1 cup all-purpose flour, replace both flours with oat flour to keep gluten-free
1/2 cup whole wheat flour
2/3 cup rolled oats
1/3 cup light brown sugar
1/2 teaspoon salt
2 teaspoons baking powder
1/2 teaspoon baking soda
1/3 cup avocado oil
1/2 cup unsweetened applesauce
1/3 cup apple cider or non-dairy milk

Instructions

1. Preheat oven to 375°F. Grease muffin cups or line with muffin liners.
2. In a small saucepan, saute the apples, brown sugar, and cinnamon for about 5 minutes over medium heat. The apples should begin to soften and caramelize slightly. Remove from heat and set aside.

3. Stir together flours, oats, brown sugar, salt, baking powder, and baking soda in a mixing bowl. Add in the applesauce, oil, and cider or milk. Stir until just moistened. Fold in chopped apple. Fill muffin cups ¾ full.
4. Bake for about 18 minutes in the preheated oven, or until a toothpick comes out clean.



