

Yoga students brave the elements

Bernie English

TO become a Yogi of the highest rank in Tibet the prospective Yogi was at one time sent to sit on a frozen mountain for 24-hours in nothing but a wet loin-cloth. He was deemed to have passed the ordeal if the loin cloth was dry by morning.

The dozen students of the East Clare Yoga Centre in Tuamgraney were allowed to keep all their clothes on when they met for an outdoor session to raise funds for charity - but they still had to cope with sub-zero temperatures.

The open-air class was held at Two-Mile-Gate, Killaloe, overlooking the

beautiful Lough Derg.

The event marked the occasion of Yogacharaya BKS Iyengar's 92nd birthday and was also used to raise funds for the Indian charity, The Belur Trust Fund.

Afterwards, yoga student Doris Scanlan said, "I was amazed that I didn't feel at all cold during the class, even in this weather. The lake looked absolutely beautiful, the sun was shining and it was truly invigorating doing yoga in the great outdoors."

An additional yoga class was also taught in the yoga centre later that evening which was followed by a celebratory get-together and fundraising

evening in the Thai Yantra Restaurant in Scariff, which was attended by more than 30 of the centre's yoga students. A total of €400 was raised for the charity throughout the day.

Iyengar Yoga is a method of Hatha Yoga developed over a period of 70 years by BKS Iyengar of Pune, India, who is now in his 90s.

He is a highly acclaimed yoga master who was voted one of the world's 100 most influential people by *Time Magazine* in 2004.

Yoga as taught by BKS Iyengar emphasises the integration of body, mind and spirit and combines classical yoga traditions with innovative refinements.

Mr Iyengar's approach is marked by dynamism and precision and is unsurpassed as a way to build strength, stamina and flexibility while cultivating a sense of graceful peace and well-being.

The East Clare Yoga Centre is a family-run rural retreat centre set on the outskirts of Tuamgraney.

The centre offers seven regular weekly classes in addition to a number of residential yoga weekends with visiting guest teachers.

Below:

The students of the East Clare Yoga Centre in Tuamgraney practising yoga by Lough Derg.

News in brief

Relive the glory

TO COMMEMORATE their success at Fleadh Cheoil an Chláir last September, the Tulla Junior Céilí Band, the All-Ireland Champions at under-15 level, have released a CD and DVD which follows the footsteps of the band over the past few years from very modest beginnings to All-Ireland glory.

The DVD also shows snippets of the victory celebrations in Cavan and Tulla. It is available to buy at Tulla Pharmacy, Vaughan Supply, Conlon's Hardware, O'Halloran's petrol shop and Custy's Music Shop, Ennis. The CD of the victory costs €5, while the DVD will cost you just €15.

Funding for repairs

FUNDING will be made available in next year's county council roadworks programme to repair the road between Bleach Bridge and Kennedy's Cross in Flagmount, Councillor Pat Hayes was told.

The councillor had put down a motion at a recent meeting of the Killaloe Area Committee of the council asking that the work be done and learned that some maintenance has already been carried out and that funding has been allocated for next year to upgrade the road.

Phone donations

A CAMPAIGN to buy another defibrillator has been launched in Killaloe/Ballina. Ballina GAA is teaming up with the Jack and Jill Foundation to collect 500 old mobile phones which will provide the life-saving piece of equipment.

