



# Body Thy Shrine

Iyengar Detroit's Wellness Zine

ISSUE 1



**Waawiiyaataanong is the ancestral, traditional, and contemporary Lands of the Anishinaabeg-Three Fires Confederacy of Ojibwe, Odawa, and Potawatomi peoples.**

**We recognize and honor the legacy of the stolen lands of the Indigenous Peoples by offering our merits to protect the earth, air, water, plants and animals, the babies, young people, our sacred teachers, Elders, sages and the sage within us.**

**As we acknowledge the resilience accumulated until now, we understand our inner teacher's capacity is vast in learning and growth.**

**With profound love and compassion we uplift the rejuvenation of Right Relationship with all living things, our ancestors, BKS Iyengar, Greetta Iyengar and all who have transitioned in this pandemic era.**

**Welcome to Body Thy Shrine!**

**Body the Shrine is a free monthly wellness zine created and distributed by the teachers, apprentices, students, and practitioners of the Iyengar Detroit Collective as a Yoga resource and wellness guide for the greater Detroit community. The goal of this humble publication is to provide accessible, knowledgeable, and consistent information on the lifelong benefits of Iyengar Yoga while simultaneously uplifting and celebrating the voices and talents of our Collective Members.**

**Interest in creating our own very zine stems from the desire to extend beyond our Collective's community, to introduce more people to Iyengar Detroit's classes and programming, and to ultimately support the tenets of our mission statement which are: to embrace Iyengar Yoga as a practice for healing and collective liberation by providing high quality, affordable classes that welcome all bodies; to promote self awareness and create a more just, discerning, and compassionate society; and to align our values with the ethics of yoga through the practice of cooperative economics.**

**We hope you enjoy our little labor of love. - IYDC Zine Committee**

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**Artwork by Ava Ansari**



Looking Behind the Curtain of "Community Gift"  
Hong Gwi-Seok for IYDC Ananda Circle

At IYDC, we embrace both micro and macro evolution: we refine ourselves at the most subtle levels of body, breath, and mind AND simultaneously resist and create alternatives to the largest, most harmful systems of society.

(FUCK) CAPITALISM

During the "Occupy" movement, political philosopher Slavoj Žižek observed that we come up with the most creative and fantastic movies and art about other worlds, the future, other forms of life, etc, but damned if we can't think of an alternative to capitalism. It's only a few hundred years old, and yet it can feel utterly intractable and nonnegotiable.

At IYDC we've embraced the challenge of dismantling capitalism from our inception. Our Community Gift program has evolved over the years in an effort to make the powerful, transformative teachings of yoga accessible to all, while also meeting our own physical needs. Our current Community Gift principles are:

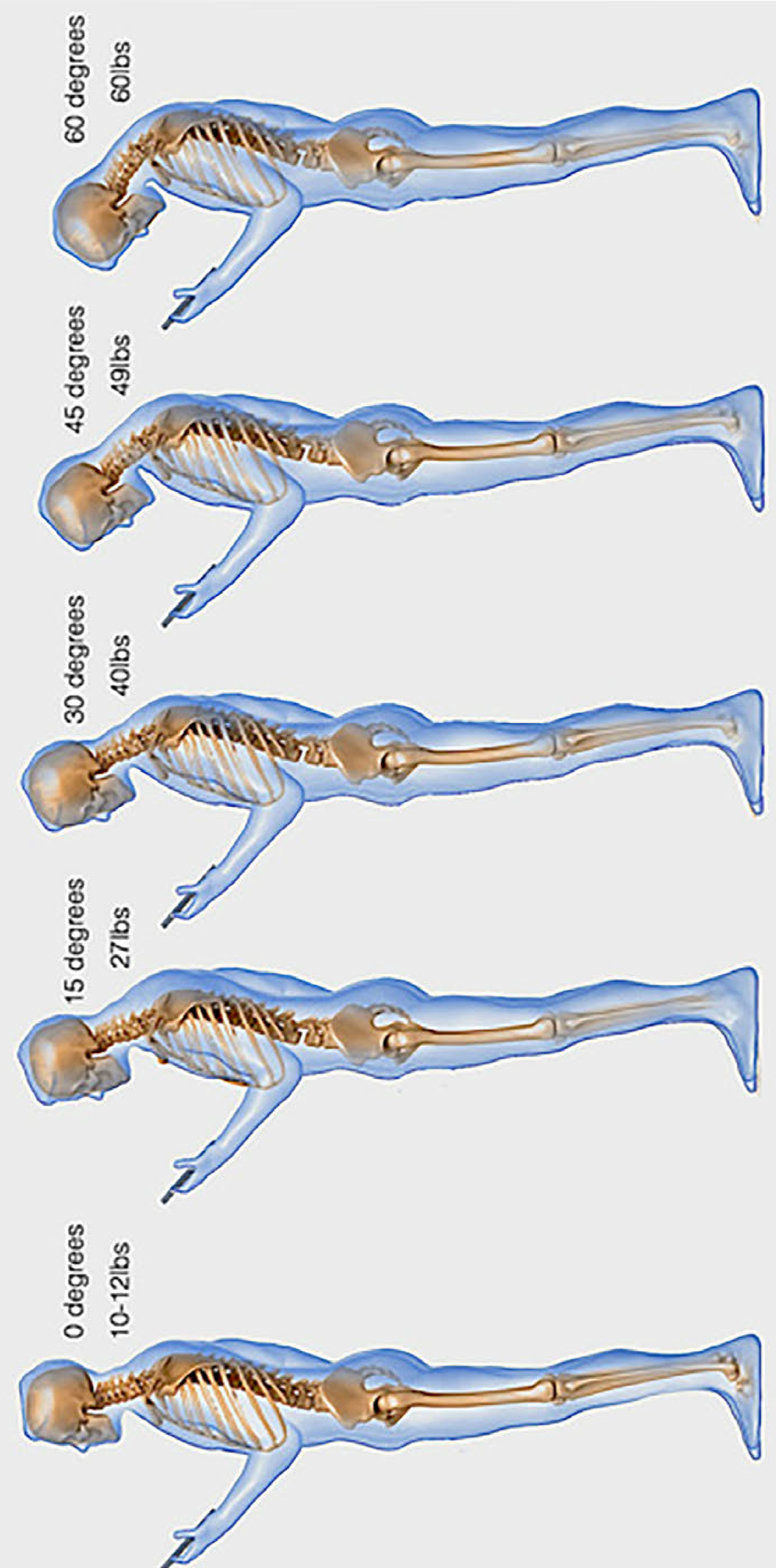
1. **We model generosity:** Our classes, workshops, and study groups are open to all, regardless of ability to pay.
2. **We invite generosity:** All are invited to give as they are able. We cultivate a community of generosity.
3. **We create cooperative sustainability:** We take it upon ourselves as a cooperative to ensure that our needs and our teachers' needs are met.
4. **We invite proportional giving:** We encourage those who can give more to do so (funds, time, skills...).
5. **We practice financial transparency:** We notify the community when funds are needed, and when goals are met.

**We understand that the actual value of yoga teachings cannot be quantified, monetized, or transactionalized.** At the same time, we understand that our physical needs as an organization are measurable and concrete: rent, gas and electricity, water/sewage, licenses, insurance, etc. We also understand that our teachers and apprentices have physical needs: housing, food, clothing, health care.... **Our responsibility as a cooperative community is to ensure that all these needs are met.**

We understand that those with financial resources make it possible for those without such resources to participate. We understand that those without expendable income may be able to contribute time and skills. We also understand that our society is structured such that those with less money are often those with the least time and energy to spare. We have no expectation of transactionality, at the same time that we welcome all contributions given freely.

Our Community Gift model succeeds to the extent that our community understands and embraces our goals.

###



Got a Minute? Yoga Clinic  
With Hong Gwi-Seok

*Iyengar Yoga can be a tremendous tool to manage life's aches and pains and alleviate symptoms. This section of the zine will address common ailments and tips for home practice. If you have a request, email [iydczine@gmail.com](mailto:iydczine@gmail.com) and Gwi-Seok and others will do their best to cover it.*

#### COVID Neck Pain

All of us, including our children, may be spending more time at desks and computers than ever. If your neck hurts, here are some suggestions to alleviate pain:

1. Check your posture: The symptomatic part is often totally innocent, and is only hurting because another part of the body is slacking. Usually when there's neck pain, there is stiffness in the shoulders and upper back, and possibly slouching. Stand in Tadasana (Mountain pose) or sit very tall in your chair and:
  - Press the feet evenly into the floor, and stack the knees over the heels.
  - Whether sitting or standing, lengthen the buttocks down away from the back waist. Feel the abdomen lift and tone as you do this.
  - Roll the shoulders back and down, and interlock the fingers behind you, arms straight. After a few breaths, change the interlock.
  - Do this frequently throughout the day.



**Say NO to  
Covid Neck!**



**Tadasana with  
interlocked fingers  
behind back, arms  
straight.**

2. Chair Bharadvajasana: This simple twist can work wonders, whether done from a chair or on the floor, seated on a block or blanket.
  - Sit sideways on an armless chair, plant your feet down as in figure
  - Inhaling, stretch your arms and trunk up (Urdhva Hastāsana). Exhaling, twist and grasp the back of your chair.
  - Turn your navel, ribcage, shoulders, and head, chin slightly up. If your neck hurts, turn your head in the opposite direction, away from the twist.
  - Stay for 3-5 breaths, release, go to the other side, always twisting toward the back of the chair.
  - Repeat as desired.



Chair Bharadvajasana

3. Ardha Uttanasana: Half forward bend. This pose lengthens the whole spine, shoulder, and neck region.
  - Spread your fingers and press your hands into a wall, shoulder height and width.
  - Push into the wall and step back, extending your arms and trunk horizontally, with the hips over the heels. Keep the ears between the arms and lengthen through the crown of the head.
  - Press the tops of the thighs back, feet hip width. Straighten the arms and legs completely to get maximum length.
  - Stay 3-5 breaths, and repeat as desired

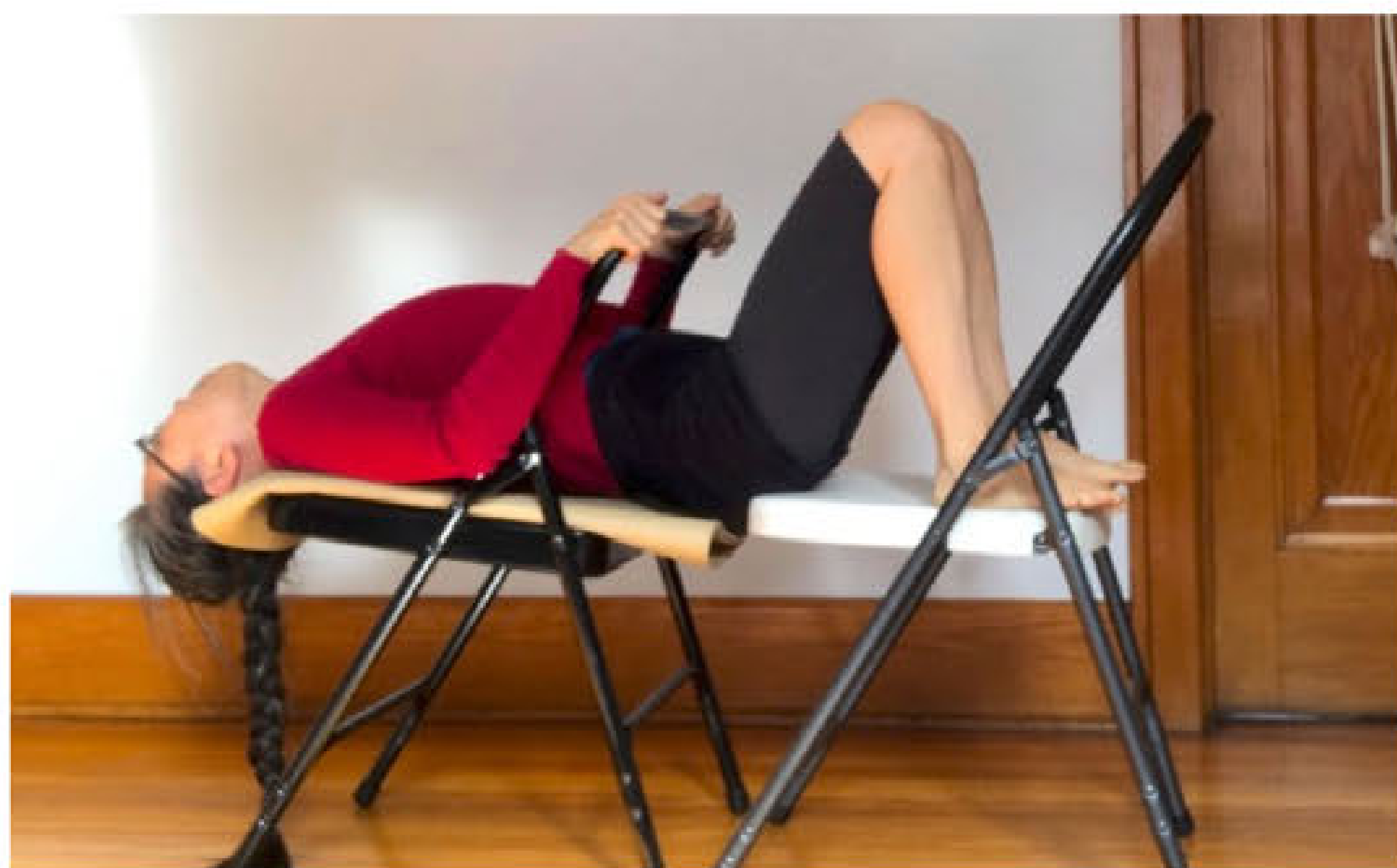




Ardha Uttanasana: Half forward bend.

4. Neck Traction: Do this from a bed for ease and comfort. Here, it's shown from 2 chairs to simulate a bed.

- Lie on your back with legs bent. Push into your feet until your head starts to come over the edge of the bed. Make sure you are tractioning the skin and muscles of your back down toward the hips.
- Determine for yourself how far you should take the head. The bed edge should create a nice padded curvature for your neck. You should be comfortable here so you can stay several minutes or longer.
- To come up, wiggle back onto the bed until the head is supported, then roll to your side.



Neck Traction

5. Neck traction Savasana: You'll need floor space, a strap, and a firm chair.

- Loop your strap around your chair seat. It should dangle 1-2 inches from the floor.
- Lie on your back with your head under the chair and place the strap under the occiput (rounded part of the back skull) and over the ears. Let your chin drop down. Adjust the strap length as needed.
- Drag yourself slightly away from the chair to traction the back of the skull. Stay for several minutes or longer.
- To come out, gently slip the strap off, and rest the head on the floor for a few breaths. Then roll to your side and sit up.



Neck traction Savasana

**Check out our asana tutorials playlist on YouTube. Subscribe to our channel: Iyengar Yoga Detroit Collective**











LA  
PAZ

Juntos



Healing Hands

By

Yemisi Odetoynbo

One day while I was playing,  
I fell and hurt my knee.

I cried and yelled and had a fit; my mommy came to me.

"Did you know you have healing hands?"

She looked at me and smiled.

"Your hands can heal most anything!

Let me show you how!"

When daddy's hands hug you tight, tell me how you feel.

That's just one example of how your hands are used to heal.

When we plant our garden in spring, tell me what's your mood?

Or when you use your hands to help your grandma make the food?

Remember when you scored a goal, and Coach gave you high five?

Or what about when the doctor's hands keep you healthy and

alive?

Your auntie uses hands to heal everybody's hair.

Your hands have let your friends know that you would always be

there.

Your mommy's hands do Reiki to help the chakras align.

Our hands come towards our hearts to connect to the Divine.

There are just so many ways your hands are used to heal.

Now use your hands to help your knee. See how it makes you feel.

So I took my hands and rubbed them together really really fast.

Then I closed my eyes and used my hands and soon the pain had

passed.

Now I know that when I'm hurt, I'll always have a plan.

I may cry, but I won't fret 'cause I have healing hands.

**D.C. vs. California vs Detroit = Sadhana via Soulful Sattvic Sounds**

**Tall Black Guy hails from Detroit.**

**The multi talented music producer from Motown**

**He has a way with sublime hip hop infused soundscapes**

**I'm from Washington D.C. > Living in Bay Area , California > Studying Iyengar Yoga in Detroit via Zoom.**

**D.C. vs. CA vs Detroit/Motown**

**Here I am finding the connections**

**Finding the connections between my spine and the pit of my navel**

**With Gwi Seok the unturned stone of the Midwest**

**Meanwhile I'm physically surrounded by wildfire**

**California Dreamin' in Savasana**

**Motown's Marvin Gaye hails from my hometown**

**The District of Columbia**

**Mercy Mercy Me my Malasana really grounds me**

**Inner City Blues lead me to IshvaraPranidhana**

**Yoga , The Yamas and Niyamas - You are All I need to get by**

**Aint no Mountain High Enough for me to lose balance in Tadasana**

**Mary Wilson God Rest her Supreme Soul**

**What does it mean to be elegant poised and black and female bodied ?**

**Iyengar +Yoga + Detroit = Liberation**

**Where my queer femme BLACK gender expansive body can be whole**

**Where my mind can be at ease and turn off the noise**

**85 % Black This midwestern city yearns for me**

**As The Bay Area Black Panthers protect me with their legacy**

**By the way did I mention I am from CHOCOLATE CITY!?!?**

**I am here while I am there**

**My soul search is inspired by the sadakha**

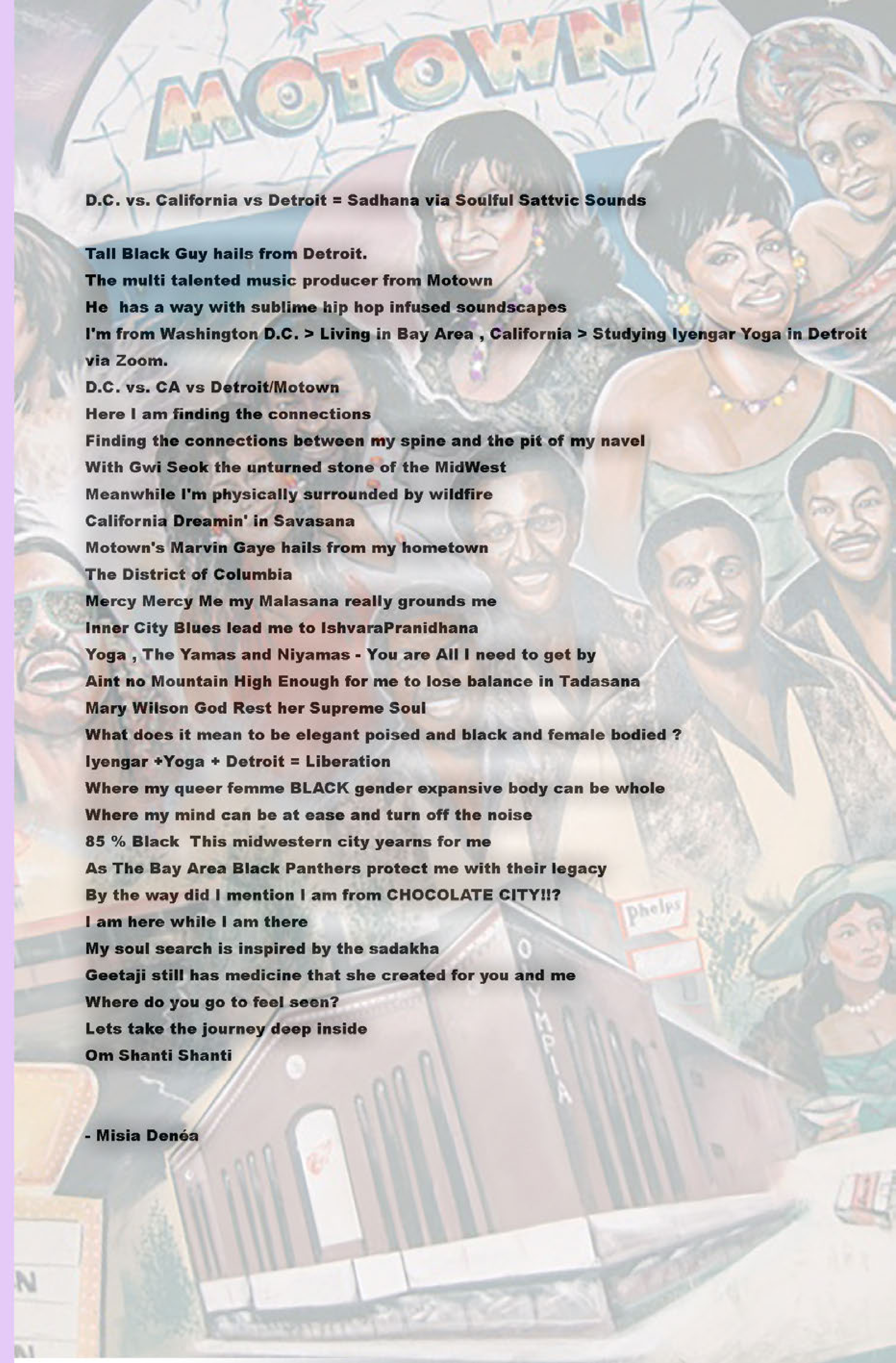
**Geetaji still has medicine that she created for you and me**

**Where do you go to feel seen?**

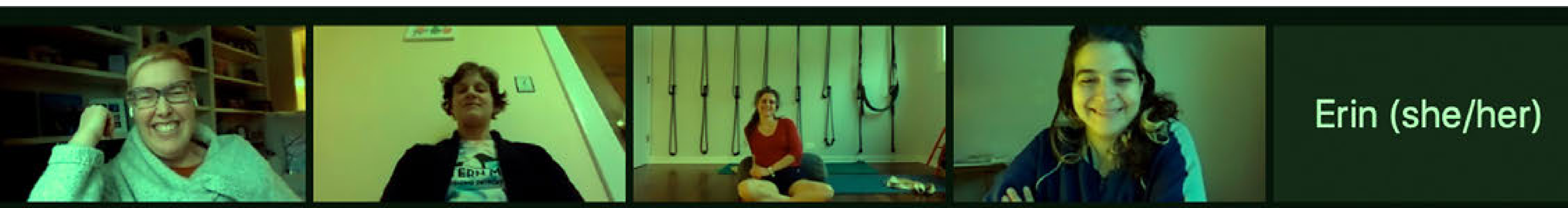
**Lets take the journey deep inside**

**Om Shanti Shanti**

**- Misia Denéa**







Chat

all women instead of uterine health?

Koby Levin to Everyone 5:02 PM

Gotta run. Wanted to add that I hope to be a supporter of IYDC this year. Happy to contribute labor, to help spread the word, whatever!

Me to Everyone 5:02 PM

Youth program

Dawn Ceballos to Everyone 5:03 PM

keep uterine health and maybe another one..just 2 cents

Me to Everyone 5:06 PM

<3

Eleni Theodora Zaharopoulos to Everyone 5:06 PM

Also thank you for the cupcake it was delicious!!!

Elissa (she/her) to Everyone 5:07 PM

What is one word that represents your relationship or practice with IYDC in the past year?

Lindsay Vecchio to Everyone 5:07 PM

Serenity

To: Everyone ▾

Type message here

**IYDC MEMCELEB:** "The image encapsulates the energy and presence of IYDC members at the completion moment of their annual online celebration through the solidarity gesture of Dawn Ceballo, indigenous woman Iyengar apprentice and appreciation-notes for teacher Erin Shawgo chocolate vegan cupcakes. "Serenity" closes the chatbox as the word that represents member Lindsay Vechino's relationship to IYDC and Iyengar Yoga experience in a wave of laughter and joy depicted in the smiles of Spanish yoga teacher Maria Luisa Basualdo, and members Eleni Theodora and Lindsay Vecchio.



# ISSUE 1

## Contributors

**Yemisi Odetoyinbo (she,her) born, raised, and living in Detroit, Michigan is an apprentice at IYDC. Yemisi is committed to creating space for healing, centering infants, and their families through therapy, yoga, and birth work.**

**My name is Ixchel Ceballos (she/her) and I live in SW Detroit. Mama is an apprentice and I have occasionally practiced over the years, primarily through her influence.**

**Hi! I am Liz Brauer she/her. I live in Ann Arbor MI. I have been a student of Iyengar yoga since 1985 when I was pregnant with my first son. I follow IYD because I love Gwi-Seok's social justice issues in her blog. Also because two long time students of mine from the Ann Arbor Y, Ann and Suzanne, who drove to Ann Arbor from Detroit for at least 20 years every Thursday to participate in my class, were finally able to stay in Detroit and enjoy Iyengar classes!**

**Hong Gwi-Seok is a co-owner of IYDC, CIYT 3, and a mother and grandmother, who lives at the intersections of yoga, social justice, and creativity.**

**Eleni Theodora Zaharopoulos has been IYDC member since 2013. She us an interdisciplinary artists who was raised a poorly assimilated First Generation American in Quenns, NY. She is honeored to be Body Thy Shrine's inaugural editor!**

**Misia Denéa**

**Ava Ansari**

**Dawn Ceballos**

**Laila Hamdan**



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

**To order a copy of Body Thy Shrine please send \$10.00 to our Paypal @IyengarYogaDetroit with your address in the notes. For multiple copies and other inquiries write to us at [iydczine@gmail.com](mailto:iydczine@gmail.com). Donations gladly accepted. Thank you for your support! - IYDC**

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