

## SADIYA and Sheffield Yoga Centre



For those who practise Iyengar yoga the priority requirement is likely to be a suitable class taught by a well qualified instructor. Most students don't really need (or want) to know more than where, when, how much and what to bring or wear.

However, a great deal of time, effort and organisation goes into the provision of those classes. In Sheffield we have a number of Iyengar yoga teachers who provide classes in a variety of venues, and we also have an Association: Sheffield And District Iyengar Yoga Association or SADIYA.

Although there are other Iyengar yoga classes in various locations in Sheffield the main local venue for Iyengar yoga is the Sheffield Yoga Centre (SYC) and students would be forgiven for sometimes confusing SADIYA and the SYC. So here we aim to explain the difference between SADIYA and SYC and also how they are interrelated.

SADIYA is one of around 27 Iyengar Yoga Institutes in the UK, and a member of the Iyengar Yoga Association (UK). The institutes are non profit-making membership organisations committed to promoting the practice and philosophy of Iyengar yoga in their areas. They offer a wide range of classes and workshops led by qualified teachers with years of experience.

SADIYA has been in existence since 2001, promoting Iyengar yoga, organising yoga days and publishing a regular newsletter. It is a company limited by guarantee and a registered charity; all financial aspects are regulated by both Companies House and the Charities Commission.

Sheffield Yoga Centre on the other hand is a private business run by Frances Homewood, Sheffield's most experienced Iyengar yoga teacher. Frances set up the yoga centre in 2005 after searching for suitable premises for over 5 years and after a collective centre fell through.

The Centre has become a real hub for the Iyengar yoga community in Sheffield. Many of the local qualified teachers deliver classes there and it is used for all the SADIYA yoga days as well as for workshops organised through Frances' extensive contacts.

Frances is also an active (and was a founding) member of SADIYA and there are close ties between the two organisations. The members of SADIYA frequently support SYC, in terms of time and effort plus financial contributions for specific developments. For example SADIYA raised funds to support the building work to enable wheelchair access, donated a variety of yoga equipment for use in the centre and arranged and funded the provision of a yoga library at the centre.

So what does this mean for yoga students? Well, by joining SADIYA you will be supporting the organisation that is the link with the IYA(UK) which is in turn our direct link with Mr Iyengar in Pune. Membership of SADIYA automatically provides membership of IYA(UK).

You will also gain additional benefits including discounted fees for days organised by SADIYA that are held at the centre. (SADIYA members do not get a discount on the other yoga days or workshops that are organised directly by the centre.)

And of course SADIYA members receive the local newsletter and the national magazine twice a year.

If you are not already a member of SADIYA and would like to join you can find a membership form on the SADIYA website at [www.yogasheffield.org](http://www.yogasheffield.org) and paper copies are available at the SYC (270 Burgoyne Road, Sheffield, S6 3QF). At £14 the annual fee provides you with membership of the IYA(UK) and up to £15 total discounts on three yoga days a year.

The growth of Iyengar yoga in Sheffield is supported by both SADIYA and the SYC; long may they continue to do so!

For further information please contact:

Wendy Weller-Davies (Chair of SADIYA) on 0114 2363039 / 07989 396866 or [wendy@wellerdavies.co.uk](mailto:wendy@wellerdavies.co.uk)

Frances Homewood (Director of SYC) on 07944 169238 or [sheffieldyogacentre@tiscali.co.uk](mailto:sheffieldyogacentre@tiscali.co.uk)