

WAITA Meeting November 2025

On November 1st 2025, the Yoga West Assoc. inc. was pleased to host a group eleven WAITA members at the Shenton Park studio, for another professional development workshop.

The suggested philosophy topic for discussion was an extract from ‘Light on Life’ by BKS Iyengar, Chapter 4: “Clarity – The Mental Body.”

The event began with a thirty-minute led asana practice, as an opportunity to work together and yet individually, and to bring our collective minds to a state of calm quiet focus.

We then viewed an excerpt from the BKS-Silver-Jubilee-2000 celebration, where *Guruji* addressed the gathered audience. He reinforced the importance of *Svadhyeya* (self study) as both teachers and eternal students of the subject. That we are our own best critics, and should look within ourselves to consider, adjust and purify our individual practice, as he himself had done when “starting from scratch” over seventy years ago.

The rest of the afternoon was thrown open for group discussion around our impressions of the video clip discourse, and the “Light on Life” extract on the nature of *manas* (mind) in relation to memory, ego and intelligence, as elements of consciousness.

The event concluded with a shared afternoon tea. Overall, the day was well received by all attendees and a valuable opportunity to come together as a cohesive group to practice, to discuss, and to further explore this divine subject.