President's Message

Dear fellow yogis of the Southeast region!

I hope you are all well, safe, and healthy.

As we transition into 2021, we still find ourselves in the midst of the pandemic which has created challenges & opportunities for all of us. Some of IYASE Board Members have changed for the new year and with that transition, new opportunities for ideas, some changes to roles, and modifications to the IYASE Bylaws. We've created an Orientation Package for our new members with all the important information they need for a great start.

We are conducting committee meetings to finalize our 2021 Strategic Plan. These meetings give us the opportunity to organize efforts, be clear in goals and work together to reach our vision. We’re committed to integrate and support our region. We are excited to share these ideas with you on how we plan to highlight and support all the states in our region very soon!

The efforts to inform and connect with all of you is our top priority for IYASE. Please connect with us via Facebook, Instagram, Twitter & LinkedIn.

As always, I look forward to hearing from you with any questions or suggestions. We are all in this wonderful iyengar yoga community together!

Much love and Namaste,

Mariana Scotti
2020–1 IYASE President

Where in the Southeast is IYASE?

Stay tuned IYASE! Starting in April, this newsletter will feature news and information about iyengar yoga in each of our 13 states! We'll begin with Alabama.
**Community Survey**

How long did you practice asana (yoga poses) outside of a class yesterday?

- Not at all
- Select
- 1–30 minutes
- Select
- 30–60 minutes
- Select
- 60–90 minutes
- Select
- 90 minutes to 2 hours
- Select
- More than 2 hours
- Select
- I took a class
- Select

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**IYNAUS OUTREACH – DEIJ Committee**

Yoga and Equity Symposium Third Topic

The IYNAUS Outreach–DEIJ Committee hosted the third in its series of Yoga and Equity Symposium events: The Legacy of Racism and the Ethics of Yoga. Covering the history of race as an idea, the measurable effects of racism on BIPOC communities, and how to work within affected communities, the event was the largest yet and sparked discussion about the congruence of yoga study and anti-racist actions. The next Symposium event is scheduled for **March, 2021**.

IYASE has started a Facebook group to discuss and share information and resources about diversity, equity, inclusion and justice in Iyengar yoga. Click [here](https://www.facebook.com/groups/iyase/) to check it out and join.
Upcoming Workshops and Events

A Day for Teachers with John Schumacher: Lubricating Your Hips with Forward Bends and Twists

Today! Saturday, February 6, 2021
10:00 AM – 4:30 PM

Young or old, the mobility and stability of your hips are a key element in your physical well-being. We will practice a variety of asanas to explore and understand hip movements and proper hip alignment. The afternoon session is for practice teaching.

More Info and to Register

Advanced Pranayama Workshop
ONLINE with Doerthe Braun

Friday, February 12, 2021
8:30 – 9:45 AM
The focus of this pranayama workshop will be on Kumbhakas and Digital Pranayama.

For more information and to register

Iyengar Yoga Festival Miami Online Edition

Feb 20: 9am–12:45pm
Feb 21: 9am–12:45pm

Join our community for a virtual Iyengar Yoga experience. Eleven Teachers over two days. An amazing opportunity to connect and practice from the comfort of your home.

For more information and to register

Iyengar Yoga for Kids & Teens with Abhijata Iyengar

Sat, Feb 20, 2021 11:00 AM – Sun, May 23, 2021 10:00 AM

Abhijata will conduct online classes and methodology sessions one
The Iyengar Yoga for Kids & Teens class, ages 8–19, will be a 45-minute asana class on Saturdays. The teaching methodology portion will be an hour-long session on Sundays. The Sunday classes are for certified Iyengar Yoga teachers and Iyengar Yoga teachers in training ONLY.

For more information and to register

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**Neck and Shoulder Workshop ONLINE with Doerthe Braun**

Saturday, February 20, 2021
2:30 PM - 4:30 PM

In this workshop students will learn how to enhance mobility and stability of the shoulder and neck region. The focus on alignment and correct action will help the participant to prevent and cure pain.

For more information and to register

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**Yoga for Bone Health ONLINE with Rosie Richardson**

Thursday, March 4, 2021
11:00 AM - 12:15 PM

Practiced with certain considerations, yoga poses have been shown to build bone mass and even stem bone loss. This once-a-week series will provide an overview of considerations for safe practice for those with osteoporosis and osteopenia, to strengthen bone and muscle, improve posture and balance, and reduce stress.

For more information and to register

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**Intro to Pelvic Floor Yoga**

Sunday, March 7, 2021
1:00 PM - 5:30 PM

This course is open to people of all genders including trans/non-binary and LGBTQ folx. The anatomy portion of the course will focus on reproductive organs associated with the ability to birth babies. We believe the techniques and approaches covered throughout
the course can be beneficial and healing to all humans.

For more information and to register

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**Effort to Efficiency ONLINE with Brian Hogencamp**

Sat, Mar 20, 2021 10:00 AM – Sun, Mar 21, 2021 12:00 PM

To move from doing to being requires skillful application of effort. We will examine the "intermediate" stages of asana, their contribution toward the "final" asana, and the transition from doing the asana to being in it. Open to students of all levels.

For more information and to register

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**Call For Photos and Videos of Iyengar gatherings**

Help us build our IYASE community and share images, audio, articles and video clips that you may have of events, workshops or other Iyengar gatherings. We are building an IYASE Archive so we can continue to share and enjoy those memories with our members and for the promotion of the legacy of BKS Iyengar.

Please make sure when submitting content that you own the copyright to the content. You can submit your items by clicking the button below.

Thank You and Namaskar,

Sara Agelasto, IYASE Continuing Education Chair

Submit Content by Email

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Click the button below to email the details of your workshop if you would like to be listed in next month's newsletter.

Submit Your Workshop Here

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Email me

Attention All IYNAUS and IYASE members: Don't forget to keep your online profile up-to-date so you will not miss important communications.
If you have NEWS TO SHARE or SUGGESTIONS for content
Please let us know:

EMAIL NEWSLETTER COMMITTEE

Hey Newsletter Reader, please don’t forget to LIKE & FOLLOW us on social media