President's Message

IYASE Newsletter Tour of our states: Georgia

We are delighted to spotlight Iyengar Yoga in Georgia. There are 17 CIYT's on our rolls in Georgia, including three level 3 teachers: Kathleen Pringle, Nancy Mau, and Kquvien DeWeese.

Iyengar Yoga in Georgia
Any discussion of Iyengar Yoga in Georgia has to start with Kathleen Pringle, who began studying Iyengar Yoga in 1979 and teaching in 1983. She traveled to India almost annually for many years, learning directly from BKS Iyengar. She in turn trained many of the other teachers in Georgia and also traveled far and wide to share her teaching. Kathleen recently closed Stillwater Yoga Studio, the Atlanta yoga studio she ran for years. She teaches online classes Tuesday, Wednesday, and Thursday evenings. Check out her schedule [here](#). Kathleen's home practice sequence for beginners is below.

One of her students, Scott Schroeder, shared the following tribute to Kathleen.

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**Kathleen Pringle**

by Scott Schroeder

Creative Director + Lead Animator

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Kathleen Pringle has been my primary yoga teacher, friend and mentor for over twenty years. The first yoga class I ever took was with Kathleen. After that first class I knew I would be doing “whatever I just did” for the rest of my life.

**Some generous things Kathleen has done for me that probably no one knows about:**

- Kathleen went out of her way to introduce me to BKS Iyengar, even though I could tell he had no interest in meeting me whatsoever.

- On the 14+ hour fight from NY to Mumbai Kathleen gave up her business class seat to me for many hours so I could get sleep while she took my coach seat. This allowed me to avoid jetlag. Namaskaram Kathleen.

Read Scott's full tribute [here](#).
Nancy Mau (CIYT Level 3) took her first Iyengar Yoga class at Stillwater Yoga Studio more than 27 years ago and has been teaching since 1997. She is also a practicing attorney and has served as IYASE President. See Nancy's sequence below!

Kuvien DeWeese (CIYT Level 3) started teaching in 2002. Coming from a background including dance, martial arts, and weightlifting, one website says "she offers a unique teaching style that can motivate even the most-accomplished couch potato among us." See Kuvien's DIY restorative sequence below.

Find Kuvien here.

Nancy Mau's Maricyasana III Sequence

In 2018, Nancy designed and photographed a sequence to help students clasp in Maricyasana III. View/download her sequence here.

One Minute of Instruction and Inspiration

Laura Huang teaching Utthita Trikonasana to a chair

Laura Huang (CIYT Level 1) has been practicing yoga since 1987. She found Iyengar Yoga in 2003, when she started taking classes with Lynda Gill (CIYT Level 2) at Mainstreet Yoga. You can find Laura here.
Lynn Brandli (CIYT Level 1) began teaching Iyengar Yoga in 1996. She is currently the Social Media Chair for IYASE. On her website she says:

"I am grateful to explore and share in the teachings of BKS Iyengar, who truly found the purpose of asana as a way of self-study to cultivate optimal connection into layers to soul or self." Lynn teaches through Yoga Poses Daily, located in Little Yoga Co-op
289 Little Street SE (in Grant Park)
Atlanta GA 30315.

Lynn's Summer class schedule:
Mondays 9:30 – level one
Wednesdays 9:30 – level one/two
Thursdays 7am –CDC employees
Fridays 9:30 Vinyasa

Lynn also teaches several private sessions to individuals and small groups. Please inquire.

Facts about Georgia

- Georgia is the largest state east of the Mississippi River.
- The Okefenokee in south Georgia is the largest swamp in North America. Its name means Land of the Trembling Earth. The Seminoles gave it this name because when marsh grows over swamp water, it creates a thick, hardened surface; however, this surface will quiver when someone walks onto it. The Okefenokee covers approx. 400,000 acres of land.
- Wesleyan College in Macon was the first college in the world chartered to grant degrees to women.
- Georgia is home to the oldest state park in the nation, Indian Springs State Park. The Creek Indians used the springs for centuries to heal the sick and impart extra vigor to the well.
- At least 11 Native American Tribes lived in Georgia at the time of European colonization. Here is a link to a storymap about Native American tribes in Georgia. Here is a link to resources on Native American tribes from Georgia. Here is a link to the National Park Service Trail of Tears Website.

Stephen Jacobson

Steve Jacobson (CIYT Level 1) is a long-time student and teacher of Iyengar Yoga. His first visit to Pune was in
1988. He is also a Professor of Philosophy at Georgia State University. He has written articles for Yoga Rahasya, summarizing lessons from workshops taught by Prashant Iyengar.

Steve is teaching in-person classes at 27 Waddell Street, NE Atlanta, GA 30307.
Check out his classes: **Tuesday at 6pm** and **Saturday at 11am**

No link – just go there!

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30 Seconds of Vital Extension
Rhonda Geraci teaching
Urdhva Hastasana

Rhonda Geraci (CIYT Level 1) began her Iyengar training at Stillwater Yoga in 2010 with Kathleen Pringle. Kathleen gave her an incredible foundation for which she is forever grateful. She studied under all of the Stillwater instructors and continues to train with her mentor, Kquvien DeWeese. She taught in Atlanta until she had to move to Dalton to assist in her father's care. Rhonda served on the IYASE Board for five years. She developed a new IYASE website and content for Southeast instructors and students to share best practices, workshops, and updates from RIMYI. Find Rhonda [here](#).

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Kquvien DeWeese's DIY at Home
Restorative Sequence

Kathleen Pringle's Beginner Sequence for Home Practice

Kathleen created this one-hour home practice for beginners, including standing poses, abdominal poses and *Sarvangasana* (shoulderstand).

[Link to Sequence](#)

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Kquvien DeWeese's DIY at Home
Restorative Sequence
Kquvien says: When it comes to practicing asanas at home, you need simply begin. Begin without expectations, time limits, or rules. Kquvien has created a short restorative sequence using a chair and some blankets or towels.

Link to Sequence

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2nd IYASE Virtual Summit A Success!
Thanks to all!

IYASE’s 2nd IYASE Virtual Summit on May 16 was a smashing success and a wonderful gathering of the community. Over 250 people registered for the event and seven teachers and students from our community shared their experiences during this past year, including invaluable lessons learned from teaching and practicing through the pandemic.

Afterwards, IYASE announced the five winners of a raffle of items and was able to donate over $6700 to India. Thank you to all who presented and attended! More

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**For Teachers and Studio Owners**

Please fill out our very short survey to help us publicize you and your classes.

Teacher Survey

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Next Up!
Our August newsletter will feature Iyengar Yoga in Kentucky! Kentucky teachers and practitioners, please send information and photos about classes, yoga and life in Kentucky.

Send information

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### Upcoming Workshops and Events

**Advanced Pranayama with John Schumacher**

Saturday, July 10, 2021, 4:00 PM – 5:30 PM EDT

This class is an opportunity to develop and refine your pranayama practice. We will work on kumbhakas, bandhas, and digital pranayama.

For more information and to register

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**Clarity of Mind through Asana, Breath & Meditation with Cindy Dollar**

Sunday, July 11, 2021
9:00 AM – 11:00 AM EDT

We'll use asana, basic breath awareness and meditation to help uncover and tap into this space of clarity and freedom that resides within all of us.

For more information and to register

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**A Weekend with Lois Steinberg ONLINE at Unity Woods**

Sat, Jun 26, 2021
Sun, Jun 27, 2021
12:30 – 2:30 PM

Lois returns ONLINE for another informative and inspiring workshop at Unity Woods.

For More Information and to Register
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

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

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.

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