President's Message

Happy Fall, dear fellow yogis of the Southeast region!

Our October issue launches a host of new columns: Prop Corner, Philosophy and Art.

Prop Corner will discuss...you guessed it, Props! Our first installment will provide you with a list of basic props and links to places you can purchase them. Our Philosophy column is making its debut with an article written by one of our own Board members! And the Art column kicks off with a wonderful piece of poetry by one of our teachers.

Following the lead of IYNAUS, IYASE would like to dedicate the month of December to our beloved Geetaji. We would like to celebrate her and the transformations that took place because of her passion for yoga. She touched all of us in many different ways. Some had the fortune to study with her directly, and others have learned from her through the work of her students, through her books and of course DVDs of Conventions. We would love if you, our members, would send us your favorite Geetaji's sayings and quotes, your memories, stories, and moments and photographs. Let us celebrate her together.

As always, we are here to give you the news of the region and at the same time to connect with you, our members. We are looking for writers, contributors, correspondents and photographers “in the field”, so please connect with us so we can publish your articles, poems, stories and your suggestions. After all, you make our region the vibrant place to practice, teach and grow.

With gratitude,

Leah DiQuollo
IYASE President
CIYT, CYT, IAYT
Yoga With Leah

Prop Corner

While there will always be a dilemma: “To Use Or Not To Use..”, props in the Iyengar Yoga method are used daily. As students and teachers of IY yoga, we love and amass a variety of props at home and studio spaces; we create our own out of household items and shop for props at hardware stores. With practice and time, we find affinity for elaborate wooden supports such as Halasana boxes, back-benders, trestles, high stools, low stools, ropes and rope walls, etc. The uses of props are virtually limitless. Props create an opportunity to explore space or lack thereof and go deeper into our practice. In our first installment of this column, we are giving you a list of basic props, and providing links to websites that offer them. In the following months, we will introduce ways to use basic props in a
A variety of different poses.

- Yoga Blocks I (3")
- Yoga Blocks II (4")
- Yoga Straps (6' narrow), or D-ring
- Blankets I (wool), Blankets II (Mexican), Blankets III (white Pune style)
- Shoulder Stand Platform
- Bolsters I (rectangular), Bolsters II (round)

Let us know what props support you in your practice and how do you use them? What props you would like to learn about more? We hope to hear your prop stories!

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**IYASE – News from the Board**

The Scholarship Committee is very proud to announce that it has awarded **16 scholarships** so far this year!!

Four full and 4 partial Dallas Convention scholarships, 3 for Assessment Certification, 3 for Intro Teacher Training, and 2 for Intermediate Junior Teacher Training.

>>>ATTENTION<<<

We have more scholarships to be granted, click for details: **$1500 (India Studies)** and **$1,000 (Puna Intensive)**.

Inge Mula Myllerup Brookhuis  
IYASE Scholarship Committee Chair  
Email Inge Mula To Apply

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**Upcoming Events & Workshops**

- **Searching Intelligence with Kevin Gardiner**  
  Hallendale Beach, FL Oct. 4–6

- **Yoga for Scoliosis with Elise Miller**  
  Raleigh, North Carolina Oct 4–6

- **Teacher Training with Randy Just**  
  Fernandina, Florida Oct 11–13

- **Asana and Pranayama with Mary Reilly**  
  Charlottesville, Virginia Oct 18–20

- **Teaching Back bends with John Schumacher**  
  Berkley Springs, West Virginia Oct 24–27

From asana workshops to teacher training  
IYASE has events for everyone:  
[Full Listing of All Events](#)
Philosophy

Dear fellow Iyengar Yogis,

We are living in morally trying and nationally and internationally conflictual times. We see frequent reports of violence and struggles for resources, while key leaders demonstrate lack of friendliness, Maitri (YS), lack of compassion, Karuna (YS), lack of adherence to truth, Pramana (YS), and truthfulness Satya (YS). How do we now find our way?

Our path of Classical Yoga, as coined by the sage Patanjali, tells us that we must proceed on the path of yoga with persevering effort, Tapas (YS) and we must balance this effort with Self Reflection and Reflection on the Ancient Scriptures, Svadhyaya. So let’s turn to the ancients in our tradition for insight and guidance.

READ/DOWNLOAD FULL COMMENTS HERE

About The Author: Inge Mula is Founder and owner of The Zenter for Body-Mind-Spirit integrative psychotherapy and yoga in Carrollton, Ga. She offers individual and group consultation in person and virtually. She is currently serving the IYASE board as Scholarship Committee Chair.

Art – Creative Yogi Spotlight

This month, we have a beautifully crafted poem by Ann Gill, CIYT from Gainesville, FL

The Empty Mat
My body drained from myriad worldly tasks
My mind ablaze with future lists
My feet step upon the Empty Mat yearning for rescue.
The first stand, hard fought and won.
The second, better offered and more focused.
Slowly, from apathy to empathy,
From despair toward hope.
In each pose, a distant cellular body space opens and spreads throughout the flooded fields and hidden trenches of my mind.
The daily repairing journey takes me deeper toward my truer home.
A refuge of Light in the darkness invokes a perpetual gratitude prayer.
The bringing of Yoga, beyond the “I” and “My”,
From the many to become the One

If you have news to share please let us know:

Email the Newsletter Committee