Greetings dear fellow yogis of the Southeast region!

To me the month of November is a start of season of celebration. It is like the last part of a circle that draws the year to a close. In the words of Kazuaki Tanahashi, “The circle is a reminder that each moment is not just the present, but is inclusive of our gratitude to the past and our responsibility to the future.”

The night of October 31 started the Dia de Muertos, which lasts 3 days, until November 2. This tradition of the ancient Aztecs extended to the present time, offers a time and opportunity to pay tribute to the departed family members and friends. It is a perfect time to honor our departed teachers, friends, family and extended family who taught us about love, dedication, courage, tenacity and humility; those who helped us define our present. I invite you to honor them in your own unique way.

Later in the month, here, in the US we celebrate Thanksgiving Day, which in its first edition in 1621 also spanned 3 days. This holiday brings families and friends together in celebration of “thanks.” When I had my first celebration of Thanksgiving back in 1998, I took to the tradition of sharing with the group what you are thankful for. This year, I would like to say my first “Thank you” to the IYASE Board members who worked so hard this past year. My second Thank you goes to all of You, the dedicated students and teachers of Iyengar Yoga of the Southeast region – I thank you for Your support and dedication.

I hope you enjoy this month’s articles and may your November be bright and full of special and heartwarming events.

Yours In Peace.

Leah

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

Prop Corner

This month, we explore using a block to improve Tadasana which is the foundation of every other pose. Precision in Tadasana should not be overlooked.

Leah Nichols, owner of Evergreen Yoga Center in Memphis, Tennessee, shares her take on the effortless effort of Tadasana
Dwelling In The Splendor of Tadasana

The way you carry yourself is important. Your outer body reflects what is going on inside.

Tadasana (Mountain Pose) is the first pose I was taught. It seemed very easy and basic to stand in the middle of my mat with my feet together. It was so basic, I did not understand why it is even considered a pose – and why it would have a Sanskrit name.

Of course, that’s how my engagement with Iyengar Yoga started. The teacher would teach a pose for the first time and I’d think, “How easy!” I did not know until much later that there are many ways to practice any pose so you can work on various aspects of it, making things infinitely more interesting and sometimes challenging. . . .

Practicing yoga brings about a yoga state, and “then, the seer dwells in his own true splendor (Sutra 1.3).”

READ THE ENTIRE ARTICLE WITH PICTURES HERE

Upcoming Events & Workshops

The hustle and bustle of the upcoming holidays are a time when you should be mindful of ahimsa and take care of yourself and leave time for your yoga practice. Need sequence inspiration? Check out the variety of sequences by some of our most experienced instructors at the IYASE website: SEQUENCES

Here are events happening in our region in November:

Nov. 10 2:00–4:00
Scoliosis Workshop with Kathleen Pringle
at Stillwater Yoga in Atlanta, Georgia. This is part 3 of a 4 part series, but you are still welcome even if you missed earlier sessions.

Nov. 17 4:00–5:30
Advanced Pranayama with John Schumacher
at Unity Woods Yoga Center in Bethesda, Maryland.

From asana workshops to teacher training IYASE has events for everyone: Full Listing of All Events

Does your studio have a workshop or special event you would like to advertise? Please click the link below to submit information about it to our newsletter and
Art – Creative Yogi Spotlight

This month, we have an essay written by
Tedrah Smothers, Intermediate Junior II, from Memphis, TN.
She shares her experience from the Dallas Convention

Abhijata: Reflections Of A Gem

Abhijata, a gem of a woman, teacher, human being.

Her light shines on us all, from the moment she enters the practice hall. Commanding attention and our presence to be with her. Whether she is giving instructions for asana or relating a story about her grandfather or her aunt. Or taking our attention to something in the physical world around us and making it relevant to yoga philosophy. How to be in this world and also be connected to our Self in the most profound way. Her subtle instructions and her ability to direct such a large group, albeit a cohesive one. We are all part of the Iyengar yoga family. Connected by Guruji to the ultimate source. The love is palpable, the connection undeniable.

The remnants that remain from the experience of her mega classes and the convention overall are still in me, but as with all things of nature, they are fading into memory consciousness. They are now past. What remains is the unchanging nature of reality, the Self. The convention experience brought us all into closer contact with our true nature through communion and through practice. The joy I felt was evidence to my connection to divine wisdom. Abhijta’s teaching brought freedom to my body, to my mind and to my notions of how to practice, even after 30 some years of being a part of the Iyengar Yoga system. This is one of the beautiful tangible things About Iyengar Yoga, how it continues to evolve and to adapt. She embodies the present, while insuring the past, and igniting the future, the “youngsters,” as she referred to this new generation of Iyengar practitioners at the convention, and yet to come. I was inspired by the hope of the future of Iyengar Yoga, while mining my place in its present.

She taught and spoke to us from her heart. Her brilliance is remarkable. . . .

READ ENTIRE ESSAY HERE

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