President's Message

Dear fellow yogis of the Southeast region!

We had our 1st Board Members meeting and we are moving forward and taking action. We are revising and updating our website, adding important information such as our mission and making the membership section more clear and approachable. Please stay tuned to communications from our Membership committee about the FREE membership workshops that will be happening this year! You can find the minutes of the meeting [HERE](#).

As we transition to the new certification and assessment system this is the time to be informed and get involved. I truly believe communication is key and now we have the chance to be part of the change. [PLEASE FOLLOW THIS LINK](#) for the Feedback form until February 15th.

We would like to welcome Mary Margaret Moffitt who will be serving as Chair of the Scholarship Committee. We are grateful to have her!

Last but not least, contribute to our community by joining our board. If you are interested please reach me at president.iyase@gmail.com.

Much love and Namaste,

Mariana Scotti
President IYASE
CIYT

Prop Corner

*Use of a Belt in Urdhva Hastasana*
Leah DiQuollo, CIYT Int. Junior I, Certified Yoga Therapist
Owner, *Iyengar Yoga With Leah*, Alexandria, VA
Urdhva Hastasana (upward arms pose) can be deceptive in its simplicity. The basic muscle movements and directions in this pose are important to understand and perform correctly since they carry forward into many poses.

Mastering the alignment of arms, shoulders, chest, back, thighs and feet in this pose is a wonderful foundation for reaching "effortlessness" in more complex poses. In this article, Leah shows how the direction of movement in Urdhva Hastasana can be improved using a belt.

Upcoming Events & Workshops

February 28 – March 1 in Raleigh, North Carolina:  
**Exploring your asana and pranayama possibilities – Workshop with Bobbi Goldin**

March 13 – March 15 in Amelia Island, Florida:  
**General Workshop and Teacher Training with Randy Just**

April 11 – April 18 (8 days, 7 nights)  
**Paradise: Iyengar Yoga and Ayurveda Retreat in Costa Rica**
One of the first things I noticed when I came into my teacher Judi Rice’s studio was a plaque that said “Faith Moves Mountains.” I had recently had a conversion – a change in lifestyle you could say – and I thought a lot about those words and how faith had changed the way I thought and how I acted and reacted. I had experienced Judi’s teaching previously as one of her yoga students at the University of Louisville (UofL) but I had to change my way of living before I could really commit myself to yoga.

Under Judi’s guidance, a small group of her students went through the certification process. I was certified in 2007 and taught classes at UofL, the women’s prison in Pewee Valley, and different studios in town. In 2010, our teacher retired as her illness with multiple myeloma progressed. Her students have carried on her teaching faithfully, most notably Alex Cleveland and Kathleen Geile with their studio, Crescent Hill Yoga.

In 2014, I retired as an internal auditor having worked in the accounting field for 17 years. Having been in the business of risk management I knew that I was moving into a world of uncertainty. It felt like the right thing to do. Since then, I have focused on studying and teaching yoga. After teaching out of my home for a few years, I opened a studio called Iyengar Yoga of St Matthews in 2019. Teaching from my home was complicated with limited parking and tight quarters for students. Opening a studio outside my home gave me freedom to grow. The studio is above a restaurant in my neighborhood with plenty of parking. Other businesses in the building include massage therapists and a counseling center.

I teach six classes a week – four at my studio, one at the women’s prison and one at Foxhollow Farm outside of Louisville. Becoming a studio owner has been an interesting learning experience. I am starting to do more marketing and...
discovered that the Louisville Small Business Association has been an amazing free resource especially with their help with social media. I was not a frequent user of social media before and I’m still a beginner and learning more about the best ways to use it.

I think, know and feel such gratitude for yoga and especially Judi, who was a true guru to her students. I have to break through my fear and take a step each day in meeting myself on the mat, teaching others yoga, and encouraging them to find out for themselves how yoga can impact their lives. Sometimes I think I’m in the business of not knowing and I try to let faith step in and I take her hand and walk another step.

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**Attention All IYNAUS and IYASE members:** Don't forget to keep your online profile up-to-date so you will not miss important communications.

**UPDATE YOUR PROFILE**

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