President's Message

Dear fellow yogis of the Southeast region!

I hope you are all fine, safe and healthy.

During these times of uncertainty and ambiguity, the practice becomes even more important and meaningful to each of us, especially the practice of pratyahara or the withdrawal of the senses that invite us to take the time to draw our attention inward and focus on what is really important now, so we can respond in a more conscious way to the reality that each of us is facing.

To continue supporting your practice during this period of time, we have a great selection of Sequences established by some of our region’s most experienced Iyengar Teachers, you can access them HERE.

If you are offering online classes, let us know so we can promote them among our community.

We are all in this together!

Stay safe and healthy.

Much love and Namaste,
Mariana

Prop Corner

Paryankasana
By: Greta Kent-Stoll, CIYT
Greta Kent-Stoll & Kent Loftis, Co-Owners of Iyengar Yoga Asheville

Paryankasana is a back bend that translates to “couch, bed or sofa.” In Light on Yoga, Guruji BKS Iyengar comments that it is a continuation of Supta Virasana (reclined hero’s pose). However, unlike Supta Virasana in which the aim is to lengthen the spine to be parallel to the floor, in Paryankasana the spine forms a tall arc and there is a mighty lift of the chest. Paryankasana can be challenging in a number of respects, but in this article, I show how you can use the support of a bolster and block to create more ease and support. The use of props is not only supportive; it is also instructive.
Upcoming Events & Workshops & **ONLINE CLASSES**!

Most workshops, etc. that were previously set for March and April have been postponed in light of the Covid-19 virus situation. We will keep you advised when they have been rescheduled.

However, the good news is that MANY of our Iyengar studio owners are offering online classes. Please check the website of your favorite Iyengar teacher and help support those studios in this time of social distancing.

If all you have is a smart phone, the online classes can still work. This might be a good time to try a new studio or a jump start a home pranayama practice. There are a myriad of offerings out there, help yourself!

We will begin compiling a list of studios offering online classes. To date, these studios are reporting online classes. Please click the link below to visit the studio for all the details:

- **Iyengar Yoga Asheville** (North Carolina)  
- **Evergreen Yoga** (Memphis)  
- **StudioOm Yoga** (Jackson, MS)  
- **Community Yoga + Wellness** (Florida)  
- **The Yoga Institute of Broward** (Florida)  
- **YogaRosa** (Florida) *Classes in SPANISH*  
- **Yoga 4 All Bodies** (Virginia)  
- **Yoga Institute of Miami** (Florida)

Click the link below to let us know about your online offerings:

**SUBMIT YOUR ONLINE CLASS**

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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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