Dear fellow yogis of the Southeast region!

I hope you are all fine, safe and healthy.

We are super excited on how the IYASE Summit turned out (links to the recordings are below). It was a great opportunity to share different perspectives and feel the sense of community in these difficult times. We would like to thank you for your donations. We raised $700 that will go back into our community in future projects. We would like to thank the presenters for their time and teachings.

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

We are working on creating a platform to open a conversation about inclusion in our Iyengar community and we are in Phase 1 of our next event. Please join and participate in the Facebook group: "Conversation About Diversity and Inclusion"

We are all in this together!

Stay safe and healthy.

Much love and Namaste,

Mariana.

IYASE Virtual Summit, Iyengar Yoga In The Time Of Corona

Day 1 Password: 0n.!%@24
(note: first character is a zero)

Virtual Summit Day 1 Recording

Day 2 Password: 0O$@26@4
(note: first character is a zero second character is a capital letter O)

Virtual Summit Day 2 Recording

Studio Spotlight
Becky writes a moving article that chronicles the many changes and challenges faced by the studio, herself and her students. These events brought them together as a yoga family and made them realize that they are more than just a physical space to practice.

Faith, a Vitamin for Our Time

Audubon Yoga Studio has been a consistent home for Iyengar Yoga in New Orleans since 2000. While studios around the country have closed down in recent months due to the pandemic, Audubon Yoga Studio has been undergoing changes since January 2019. We were located in the same location in the Uptown neighborhood for 19 years but received word at the beginning of 2019 that we had until the end of April to find a new place due to an expansion of the neighboring business within the building.

Initially I didn’t think it would be very difficult to find a new studio space. Students rallied and searched all parts of the city so that we could continue classes. Rents had skyrocketed in New Orleans since I opened in 2000. I was unbelievably fortunate to have had very affordable rent for such a long period of time. I began to question how I was going to be able to hold classes as we had done for so long.

I explored many options: teaching at different studios or venues throughout the city, checking out alternative rental spaces, taking out a loan and investing in a brand new studio, or teaching online classes (when some people suggested this, I said, “No way, never” — and look at us now!).
By mid-January 2020, thanks to a devoted and determined student, we landed at Faith New Orleans fellowship hall, which is spacious, affordable and has a super supportive landlord/pastor. We can teach a full schedule of classes and hold our workshops in the space. By Feb. 1, we were up and running again … only to close the doors March 15 due to the pandemic.

*When I see the name of the church, I am immediately reminded of one of the five vitamins that B. K. S. Iyengar speaks of in Tree of Yoga from sutra 1.20: sraddha, faith. And aren’t we all being called upon to have faith: that our practice is there for us and will carry us through.*

My long-time student and friend, Lynda Friedman, reminded me repeatedly during our search that Audubon Yoga Studio is not a physical space within four walls. It is a vibrant community of students that reaches far beyond the boundaries of our city and state.

This is the same for all of our studios. That has become all the more evident during the pandemic. While we aren’t physically together at this time, our hearts are connected each time we practice in our homes where we are by ourselves in sacred space or with one another via Zoom. Abhijata frequently referred to us as family during the convention in Dallas last year — and in her livestream from Pune this spring.

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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.

If you have NEWS TO SHARE or SUGGESTIONS for content Please let us know:

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