President's Message

Dear fellow yogis of the Southeast region!

I hope you are all well, safe, and healthy.

One of the key priorities for IYNAUS is Diversity and we at IYASE are very committed to it. That’s why we participated in the first Iyengar Regional Associations Diversity, Equity, Inclusion and Justice Symposium that took place virtually on Jun 27, 2020. During this symposium we had the opportunity to share what our Diversity and Inclusion initiatives are and how we’ll be moving forward with them.

One of these initiatives is the Facebook Group that we created to grow as a more inclusive community. You can read all about this initiative below. I hope that you join the group and share your thoughts and experiences regarding this important topic and we can learn from each other.

Stay safe and healthy.

Much love and Namaste,
Mariana

IYASE, along with IYNAUS and the other regional associations, is committed to fostering Diversity, Equity, Inclusion and Justice throughout the Iyengar yoga communities in our Nation.

In order to do so we need the feedback and participation of our IYASE membership. In a prior email we told you about the Facebook group that we created to foster this discussion, “Conversation About Diversity and Inclusion.” Some of you have joined the group. But we understand that others have had difficulty joining the group. If so, please try and join the group again.

We will periodically be posting in this group questions and links to information about this issue. Your participation will help us to come up with a plan to prioritize and practice DEIJ in the studios in our region.

Members of this group will also be able to submit posts pertinent to this issue. But please note that we will limit posts to those addressing DEIJ, with a focus on BIPOC and LGBTQ+ issues.

Comments and suggestions can also be emailed to iyase.communication@gmail.com.

VIEW / JOIN FACEBOOK FORUM HERE
Here is a partial list of resources in the areas of diversity, equity, inclusion and justice:

- Resmaa Menakem [interview on NPR's On Being](#)
- Resmaa Menakem’s book “My Grandmother’s Hands”
- Connect with [Iyengar Yoga Detroit](#) for their upcoming workshops in healing justice
- [Black Lives Matter](#) website
- [Showing Up For Racial Justice](#) website
- [Anguish and Action](#) on Barak Obama’s website
- [Racial Equity Tools](#) this website has multiple resources. Click here for the article written by Peggy McIntosh entitled [White Privilege: Unpacking the Invisible Knapsack](#)

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**Upcoming Events**

Online events are happening all around. Don't forget to visit the [IYASE WEBSITE](#) regularly to keep up-to-date on all the offerings.

**Advanced Pranayama with John Schyumacher**  
Saturday, July 18, 2020  
4:00 PM 5:30 PM

Advanced Pranayama is for those who have completed the year long Pranayama I–IV course or have had extensive training in practice of Iyengar Yoga Pranayama and who have practiced digital pranayama for at least two years.

**A Day for Teachers: Understanding, Developing, and Teaching Skillful Sequencing and Teaching Online with John Schumacher**  
Saturday, July 25, 2020  
10:00 AM 4:30 PM

Sequencing, the flow of one event into another, is an inherent part of our lives. It is also a key element in the practice and teaching of yoga.

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Click the button below to email the details of your workshop if you would like to be listed in next month's newsletter.

[SUBMIT YOUR WORKSHOP HERE](#)

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**DIY Home Restorative Sequence**

In 2017, Kquvien DeWeese shared a restorative sequence using regular household items like a chair.

With the stress of being home bound and most studios not able to hold in-person classes, we thought it was a great time to revisit this sequence.

[DOWNLOAD SEQUENCE HERE](#)
ALL IYASE SEQUENCES

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

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

EMAIL NEWSLETTER COMMITTEE

Hey Newsletter Reader, please don't forget to LIKE & FOLLOW us on social media