Dear fellow yogis of the Southeast region!

Big thanks to our community for responding to the IYNAUS survey. I'm happy to report that we are the region with the highest participation rate.

To serve you better, we are in the process of studying the results and as soon as we have more details we'll share those with you. In the meantime given the interest that you have for receiving information about workshops and educational opportunities, we'll continue sharing those in the newsletter. We also want to let you know that we are working on developing new scholarship opportunities for the rest of the year.

In other news, the time of the year to select new board members is approaching. If you are interested in serving your community by becoming part of the IYASE board, stay tuned! We will be sharing details soon about the positions available, along with the the nomination and selection process.

Namaste,

Mariana Scotti
IYASE President 2020

COMMUNITY NEWS

The Gift of Covid–19

Rosa Santana, owner of Yoga Rosa Studio in Hallendale Beach, Florida, gives us an intimate look into her journey with Covid–19. A story that is still unfolding:

"... I had never felt the way I was feeling, therefore had no frame of reference for how to handle it with my yoga practice. I learned that covid causes inflammation of the endothelial cells, which line the blood vessels. They are everywhere, so everything hurt, including my brain. My usual go to pose when my nervous system feels agitated, Supta Baddha Konasana, was impossible. All supine poses made me feel like someone was stepping on my sternum and pushing down. Prone poses and twists were fabulous, as long as I had support. My endurance was zero. I experimented with the poses by entering them in a touch and go fashion. The only pose that I could find peace for a long time was child’s pose. So I embraced my inner child, and rested on my bolster as if it were a soothing teddy bear. . . . "
We are sad to share the news that, while continuing online classes, John Schumacher’s Unity Woods Yoga center is shutting its doors on Cordell Avenue in Bethesda after more than three decades as a local fixture. Click the image below for the full story.

"Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom and no one in this world would ever move forward to become the person they’re meant to be." IKS iyengar

Our studios are struggling to make ends meet in this challenging business environment. Please do what you can to support our IYASE studios in their online offerings.

LIST OF ONLINE YOGA CLASS OFFERINGS

Upcoming Events

Observations & Corrections in the Age of Zoom
An ONLINE Teacher Training with John Schumacher
Saturday, September 12, 2020 10:00 AM – 4:30 PM

God in the Yoga Sutras & Bhagavad Gita
ONLINE with Edwin Bryant
Thu, Sep 24, 2020 2:00 PM and Sun, Sep 27, 2020 5:30 PM

VISIT IYASE FOR DETAILS / REGISTRATION

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