President's Message

Dear fellow yogis of the Southeast region!

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

First of all, I am so happy about the big turn out we had at the three free workshops in October. Thank you to Suzie Muchnick, Susan Marcus, and Tricia Amheiser for your teachings, commitment, and love shared with our community. Special thanks to Sara Agelasto for doing a great job managing this benefit.

As part of our commitment to this community and to serve it to the best of our capabilities, members of the board had the chance to attend a Training called Board Fundamentals with WNV Nonprofit Pathways that offered us 3 hours of free coaching. We found it very helpful and we will be implementing some of their suggestions aimed to be more efficient and provide greater value to our members. We are working to be a stronger Board of Directors with a clear, strategic annual plan.

We will have our last Board meeting of the year on November 15th. We are so glad to welcome new board members. Please read their stories and vote for them in the eblast that was sent our earlier in the week. Thank you for your support.

Don't forget to check the IYASE website for all the wonderful workshop offerings happening in November.

Much love and Namaste,

Mariana Scotti
2020 IYASE President

Call For Art and Photos

Help us build our IYASE community and share images, audio, articles and video clips that you may have of events, workshops or other Iyengar gatherings. We are building an IYASE Archive so we can continue to share and enjoy those memories with our members and for the promotion of the legacy of BKS Iyengar.

Please make sure when submitting content that you own the copyright to the content. You can submit your items by clicking the button below.

Thank You and Namaskar,

Sara Agelasto, IYASE Continuing Education Chair
**Backbend Sequence**

This month we are featuring a sequence from the [IYASE website](https://www.iyase.org) that was created and modeled by Gary Jaeger, CIYT, Senior Intermediate I.

Gary has loyally studied under Lois Steinberg for 15 years and has made multiple trips to RIMYI. He earned a PhD in philosophy from the University of Chicago in 2006 and now teaches both eastern and western philosophy at Vanderbilt University. Gary teaches at [Chestnut Hill Yoga in Nashville, TN](https://www.chestnuthillyoga.com).

[View or Download Sequence Here](https://www.iyase.org)

**Community Survey**

So many wonderful teachers are offering their classes and workshops online. We thought we would see just how many classes everyone is taking. Please take a moment to let us know how you're doing:

How many virtual yoga classes have you taken in the past week?

0  
1–2  
3–4  
5–6  
More than 6

[Join The Group](https://www.iyase.org)

**Diversity Equity Inclusion and Justice in the Iyengar Community**

The Iyengar community continues to be committed to piercing the veil of ignorance surrounding diversity,
Upcoming Events

Here is a list of some upcoming events you don’t want to miss. To keep up-to-date on offerings, visit the IYASE EVENTS page regularly.

**Asana & Pranayama ONLINE with Rebecca Lerner**  
**Wednesday, November 18, 2020 10:30 AM to 12:00 PM**

Rebecca Lerner, Level 4 CIYT, will guide us on a path of yogic transformation. Through Asana and Pranayama, we’ll deepen our capacity for reflection and awaken gratitude and devotion in our practice. This multi-level class will cover standing, inversions, seated poses, and savasana with pranayama.

**Effort to Efficiency ONLINE with Brian Hogencamp**  
**Sat, Nov 21, 2020 10:00 AM**  
**Sun, Nov 22, 2020 12:00 PM**

In these classes we will examine the “intermediate” stages of asana, their significant contribution toward the “final” asana, and then the transition from doing the asana to being in it. Open to students of all levels.

Brian Hogencamp, CIYT Level 3, has been teaching full-time since 2004 and travels annually to India for study with the Iyengar family.

**Salamba Sarvangasana for All Levels ONLINE with Doerthe Braun**  
**Saturday, November 21, 2020, 2:00 PM 3:30 PM**

Salamba Sarvangasana, Shoulder Stand is considered as the "Queen Of Asanas". This workshop will help you to learn, improve and refine your Shoulder Stand. Learn More and Register for the workshop.  
Doerthe Braun is a Certified Iyengar Yoga Teacher
(Intermediate Senior 1 level). Her practice and her teaching, are strongly influenced by decades of study with teachers around the world, including the Iyengars in Pune and senior teachers in Europe and North America. She has studied with her mentor, John Schumacher, since 1999 and has been teaching at Unity Woods Yoga Center in Bethesda, Maryland, since 2009.

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.

SUBMIT YOUR WORKSHOP HERE

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