President's Message

Dear fellow yogis of the Southeast region!

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

As I write this December message, I want to start by acknowledging how challenging, and difficult 2020 has been. I know for many of you letting go of your physical studio space was one of the consequences of the pandemic. In addition, most of us have had to adapt and change our way of teaching to a virtual environment. My deepest admiration and recognition to all of you who embarked on this journey with the same passion and integrity of spreading Iyengar Yoga practice within, and beyond, your communities. Deep respect for all of you.

December marks some very important dates for us as Iyengar practitioners around the world. We will be celebrating Guruji’s 102nd birthday and remembering Geetaji’s 2nd year passing. I invite you to join the online global gathering on Saturday, December 19th organizing by IYNAUS.

On another note, I’d like to share with you that we had the last Board meeting of the year in November, and the Board voted to change some of the ByLaws, extending the President and Vice President roles from one-year to two-year terms. This means that Laura Plofchan and I will be leading the region throughout 2021. This will allow us to continue all the work we started this year and keep moving forward to reach our goals for the upcoming new year.

And to close, a big thank you to all our IYASE Board members for volunteering their time and to the whole region for supporting our events. I am immensely grateful to be working for you and will continue to do my job to help our community be united, diverse and stronger.

I wish you and yours a wonderful end of the year and a peaceful holiday season.

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.
Welcome New Board Members

The votes are in and we are pleased to announce that it was a landslide! We now have four new Board Members! Please welcome:

- Maddy Landrum-Noe – Treasurer
- Danielle Hines – Communications
- Juli Kagan – Scholarships
- Lynn Brandi – Social Media

Community Survey

Thanks to everyone who answered our community survey regarding online classes taken. Here are the results:

- No Classes: 8.1%
- 1-2 Classes 37.1%
- 3-4 Classes: 40.3%
- 5-6 Classes: 8.1%
- More than 6: 6.5%

So most people are taking between 1-4 online classes per week. That's phenomenal. It's a win/win – good for the practitioner and good for the teachers who still have that need to share their knowledge and spread the good works of BKS Iyengar.

As for you overachievers with more than 6 classes – well YOU GO YOGA!!!

Abhijata Iyengar Workshop to celebrate BKS Iyengar

IYNAUS recently announced that The Bellur Iyengar Yoga Center is hosting a special online event with Abhijata Iyengar to celebrate B.K.S. Iyengar’s birthday and to benefit The Bellur Trust. Join the global community event Dec. 11–14. Sessions will be held 7:30–9:30 a.m. (EST).

The Bellur Trust is asking for $100 donation to attend all four classes with Abhijata. There are two methods of donation: 1) Direct bank wire; 2) Via the IYNAUS website. The Bellur Trust is asking participants to upload one of the following to their registration page; a screen shot of their bank wire, a screen shot of their donation via the IYNAUS website or the IYNAUS donation thank you letter.

No refunds will be given. The Bellur Iyengar Yoga Center will send all correspondence, class links, and recordings to participants. Please find the registration link below and direct any additional questions to The Bellur Trust.
IYNAUS Yoga and Equity Symposium: Access and Inclusion

Join the IYNAUS DEIJ committee for our second topic, a Listening/Learning Circle dedicated to access and inclusion, moderated by global diversity and leadership consultant Betsy Silva, featuring Iyengar Yoga community members speaking about their own experience.

For more info and to register

Upcoming Events

A Day for Teachers: Introducing Pranayama to Your Practice and Teaching ONLINE with John Schumacher

Saturday, December 5, 2020
10:00 AM – 4:30 PM

For more info and to register

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

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