



IYASW.org  
Iyengar.yoga.assoc.@gmail.com

Fall/Winter 2017

Through the punishing summer heat Arizona Iyengar Yoga students stayed dedicated to their practice. Katherine Maltz commented “that they had an active and busy summer despite the intense heat in Tucson”. SCC Yoga/Iyengar Yoga Center of Scottsdale also saw a greater number of students committing to ongoing practice.

This lead up to a busy fall as Katherine Maltz of “The B.K.S. Iyengar Yoga Studio of Tucson” welcomed Dean Lerner for his yearly visit to the Southwest. All the Iyengar yoga students in Arizona are thankful that he comes to teach and all continue to be thankful that Katherine sponsors this event.

SCC Yoga/Iyengar Yoga Center of Scottsdale saw a record number of students register for classes in the fall. Many came because of their interest in studying Iyengar Yoga as the community continues to grow. This fall a new Ropes class was offered utilizing the new rope wall and met with great interest. SCC Yoga/Iyengar Yoga Center of Scottsdale in collaboration with IYASW sponsored an Iyengar Yoga Assessment. Candidates and assessors from around the country came in October. Thankfully the weather had begun to cool so the visitors could enjoy the beauty of Scottsdale and the surrounding Sonoran desert.

Marivic Wrobel, President of IYASW and Carrie Abts, Treasurer, attended the Sedona Yoga Festival to represent Iyengar Yoga at this popular yearly event. They were joined by volunteers Michele Cook, Jean Saad and Steph and Robin Rubin to operate a booth providing information about Iyengar Yoga complete with books, brochures and their personal testimony as to the benefits of this practice. Marivic Wrobel taught an Introduction to Iyengar Yoga asana class that was very popular with the festival goers. Because of the success of this event in 2017 IYASW will again participate in 2018 with more classes offered.

Congratulations to Terese Ireland of Tucson for passing Intermediate Junior I and Lily Tista of Pinetop for passing Introductory I in 2016. We are very proud of these new certified Iyengar Yoga teachers and are very glad to see our community of certified teachers growing.

Lauren Barnert-Hosie, Intro. II and Carlyn Sikes, Junior Intermediate I completed their three year Iyengar Yoga Therapeutics Training for Teachers with Manouso Manos. These ladies also received their CYT from International Association of Yoga Therapists.

Carlyn Sikes completed a research article “Your Health is in Your Posture” through a grant issued by Maricopa County Community College District Professional Growth.

The current board is completing their term of service in May of 2018. Although they have done great work promoting the growth of Iyengar Yoga in Arizona all board positions will be open. The volunteer positions open are: President, Vice President, Treasurer and Secretary. Please consider volunteering for the IYASW board and continuing the work that has begun in making Iyengar Yoga more well known throughout Arizona.

*By Carlyn Sikes*

Have You Checked out our website?  
[www.iyasw.org](http://www.iyasw.org)  
Like us on Facebook for up-to the minute regional news



## Workshops and Events

9/14-12/15 Hybrid On-line	Sutra Studies with Lisa Henrich, CIYT	Scottsdale Community College
9/18-10/23 Monday 1-2pm	Yoga Sutra Class with Lauren Hosie, CIYT, CYT	Open Spaces Yoga Center
9/23, Saturday 9:30-noon	Open Practice with Lisa Henrich, CIYT	Scottsdale Community College
10/14, Saturday 9:30-noon	Open Practic with Carlyn Sikes, CIYT Jr I, CYT	Scottsdale Community College
10/28, Saturday 1:30-3:30pm	Pranayama With Jean Saad, CIYT	Scottsdale Community College
11/4, Saturday 9:30-noon	Open Practice with Marivic Wrobel, CIYT	Scottsdale Community College
11/10, 11, 12	Workshop with Dean Lerner, CIYT, Advance Jr I	Iyengar Yoga of Tucson
12/1, 2, 3	Workshop with Carolyn Belko CIYT, Int. Sr III	Scottsdale Community College
12/16, Sat Noon-5:00pm	“Heart of the Lion” Iyengar Practice with Carlyn Sikes, CIYT, Int. Jr I	Scottsdale Community College
12/9 . Sat 11:30-2:30	Restorative <i>Membership Offering</i>	Scottsdale Community College
1/20, Sat. 10:00-noon	Meditation: Walking the Labryrant <i>Membership Offering</i>	Scottsdale Community College
2/8, 9, 10, 11	IYASW at Sedona Yoga Festival	Sedona, Arizona
2/16, 17, 18	Workshop with Rita Manos, CIYT Int. Sr. I	Iyengar Yoga of Tucson
2/23, 24, 25	Workshop with Nancy Stechert, CIYT Int. Sr. II <i>Members discounts</i>	Scottsdale Community College

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IYASW shirts are now available for purchase.

*Mentoring and recommending for Introductory I & II is available at SCC and the Iyengar Yoga Center of Scottsdale.*

## IYASW Now Offering Scholarships

Community service is an integral part of yoga. It is the goal of IYASW to ensure that all of our members have the opportunity to study with Senior teachers, and be able to pursue certification themselves, regardless of their financial situation. Because of the generous support of our members (that's YOU!), we are pleased to announce that we are now able to offer scholarships to study. An application is in the works that will be posted on the website, but in the meantime if there is a workshop or teacher training event that you would like to attend but would otherwise be unable to because of a financial need, please email us at: [iyengar.assoc.southwest@gmail.com](mailto:iyengar.assoc.southwest@gmail.com)

In your message, please address why the event you wish to attend is important to you, and how Iyengar Yoga and the teaching of Gururji has helped you personally.

Scholarships are open to current members of IYASW only.



## Have You Renewed Your Membership???

It is only through your membership and support that we are able to offer scholarships for study, and special pricing for events. We will do even more in the future, but we need your help to do it! You can renew through the IYNAUS website: <https://iynaus.org>.

## We Want to Hear from You!

This Newsletter is meant to be a vehicle for sharing our experiences with Yoga and our common love and admiration for Yoga practice. It is our intention to foster community and communication within our region through it, but we need community participation!

Is there an upcoming Iyengar Yoga or wellness event that you'd like us to know about? Do you enjoy writing, and have an experience with yoga practice or teaching that you'd like to share?

Contact us about it, or submit your article or event directly to us.

Email at [iyengar.assoc.southwest@gmail.com](mailto:iyengar.assoc.southwest@gmail.com), or visit our website, <http://www.iyasw.org> and follow the Newsletter link for your submission.



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