



# IYASW

IyengarYoga Association of the Southwest

Yoga is when every cell  
of the body sings the  
song of the soul...

B.K.S. Iyengar

We are looking forward to 2017 with much anticipation. We are very excited about our participation in the upcoming Sedona Yoga Festival on March 9, 10, 11 and 12. We hope that you can join us in representing Iyengar Yoga in the Southwest region. We are also grateful for Senior Iyengar Yoga teacher Ben Thomas, to be representing us as a presenter. Check out the SYF link [sedonayogafestival.com](http://sedonayogafestival.com). Early bird registration is now available.

We are also excited to bring Nancy Stechert to Scottsdale for the 2nd time. This is an IYASW sponsored full weekend workshop. Nancy is a Senior Intermediate teacher and owner of Yoga Tree in Hotchkiss, CO. She has studied with the Iyengars in Pune many times. In appreciation for your membership, we are offering special early bird pricing for this event until February 8. Be sure to renew your membership and register soon to take advantage of your benefits as a member of IYNAUS and IYASW.

## HAVE YOU RENEWED YOUR MEMBERSHIP???

It is time to renew your membership. As a reminder, IYNAUS dues are increasing for 2017.

Last August, a letter was sent to all our members explaining the IYNAUS dues increase. We, your IYASW board has elected to decrease our regional dues rather than increase it to show our gratitude for your ongoing support as we continue to grow this regional association. We will do our best to be the best stewards of our funds and our organization for the sake of our members.

Please be sure to select IYASW as your regional affiliation. If you are already an IYNAUS member with a primary affiliation in another region and would like to join IYASW as a secondary region, you may do so by sending us a check directly. The cost to join IYASW as a secondary region is \$25. Please include your IYNAUS ID# and contact information for our records and send to: P.O. Box 6001, Scottsdale, AZ 85261-6001.

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: [iynaus.org](http://iynaus.org).

**WISHING YOU ALL A PROSPEROUS 2017!**



# Iyengar Yoga of the Southwest (IYASW)

*Presents...*

**Nancy Stechert, Sr. Intermediate Iyengar Yoga**

**February 24, 25, & 26, 2017**

Location: Scottsdale Community College  
9000 E. Chaparral Road, Scottsdale AZ 85256  
Fitness and Wellness Center Room #502



**Nancy Stechert** began practicing yoga in 1976 in San Francisco. She holds a Senior Intermediate level certificate in the Iyengar method. She made her first trip to India to study with the Iyengars in 1983, and continued to go almost every year until 1990. Since then she has gone every three years. She founded the Colorado School of Yoga in 1987 and the International Yoga Center of Tokyo in 1993. She has taught in the Iyengar centers in San Francisco and New York and served as an assessor for the Iyengar certification process for several years. She has served as president of IMIYA, a regional Iyengar association, and was Treasurer of the National Iyengar Association in its beginning. She conducts Teacher Training classes at her studio in Hotchkiss.

	IYASW MEMBER Price good through 2/8/2017	NON-MEMBER Price good through 2/8/2017	PRICE AFTER 2/8/2017
FULL WORKSHOP	\$190	\$220	\$225
FRIDAY 2/26 6-8PM	\$40	\$45	\$50
SATURDAY 2/27 9-11AM	\$50	\$55	\$60
SATURDAY 2/27 1-3PM	\$50	\$55	\$60
SUNDAY 2/28 10AM-12PM	\$60	\$65	\$70

**CONTACT :** [iyengar.assoc.southwest@gmail.com](mailto:iyengar.assoc.southwest@gmail.com) or [IYASW.ORG](http://IYASW.ORG)

**SEND PAYMENT TO:** IYASW, 5509 N. 83<sup>rd</sup> Pl., Scottsdale, AZ 85250

Please include IYNAUS ID# with payment, and if you are not registering for full workshop please indicate which sessions you'll attend. We will confirm receipt of registration via email.

WE ARE ON THE WEB: [WWW.IYASW.ORG](http://WWW.IYASW.ORG)

CONTACT US ON: [IYENGAR.ASSOC.SOUTHWEST@GMAIL.COM](mailto:IYENGAR.ASSOC.SOUTHWEST@GMAIL.COM)



## 2017 Workshop & Events At A Glance

Date	Workshop/Event	Fee	Location
January 21, Saturday 10am-noon	Meditation: Walking the Labyrinth	Free to Members \$3 non-members	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="http://iyasw.org">iyasw.org</a> or <a href="mailto:iyengar.assoc.southwest@gmail.com">iyengar.assoc.southwest@gmail.com</a>
February 4, Saturday March 4, Saturday April 9, Saturday 9:30am-12:30pm	Open Practice Iyengar Yoga Asana To Register: Current SCC students can use the on-line system at <a href="http://www.mymaricopa.edu">www.mymaricopa.edu</a> . Non SCC students should register by phone at 480-423-6100.	\$15 each	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="mailto:carlyn.sikes@scottsdalecc.edu">carlyn.sikes@scottsdalecc.edu</a> or 480/423-6771
February 5, Sunday Sunday 9-11:30am <u>Asana Workshop</u> and 12-15pm-1:45pm <u>Pranayama</u>	An Iyengar Yoga Workshop with Marivic Wrobel, CIYT Level II To register: Go to IYASW.ORG or send check to IYASW, 3309 N. 83rd Pl., Scottsdale, AZ 85250	See IYASW.ORG for discounts and more information	Ha Yoga & Life Studio 1940 E. University Drive, Tempe AZ Contact: <a href="http://iyasw.org">iyasw.org</a> or <a href="mailto:iyengar.assoc.southwest@gmail.com">iyengar.assoc.southwest@gmail.com</a>
February 24, 25, 26	Workshop with Senior Teacher Nancy Stechert To Register: <a href="mailto:iyengar.assoc.southwest@gmail.com">iyengar.assoc.southwest@gmail.com</a> or IYASW.ORG SEND PAYMENT TO: IYASW, 3309 N. 83rd Pl., Scottsdale, AZ 85250	See IYASW.ORG for discounts and more information	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="http://iyasw.org">iyasw.org</a> or <a href="mailto:iyengar.assoc.southwest@gmail.com">iyengar.assoc.southwest@gmail.com</a>
January 23-March 13 6-7:15pm	Introduction to Yoga with Lily Tista and Lauren Barnert-Hosie CIYT Level II To register: Contact Open Spaces Yoga 928/367-4636	See IYASW.ORG Or <a href="http://OpenSpacesYoga.com">OpenSpacesYoga.com</a>	Open Spaces Yoga 476 W. White Mtn. Blvd. #12 Ponderosa Village, Lakeside, AZ 928/367-4636
March 9, 10, 11, 12	Sedona Yoga Festival	See IYASW.ORG for discounts and more information	Sedona, Arizona
March 25, Saturday	Workshop with Carlyn Sikes, Intermediate Jr. I	Free to Members \$3 non-members	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="http://iyasw.org">iyasw.org</a> or <a href="mailto:iyengar.assoc.southwest@gmail.com">iyengar.assoc.southwest@gmail.com</a>
March 31, Friday April 1, Saturday April 2, Sunday	Intensive Workshop with Carolyn Belko To Register: Current SCC students can use the on-line system at <a href="http://www.mymaricopa.edu">www.mymaricopa.edu</a> . Non SCC students should register by phone at 480-423-6100.	Fri 3/31 \$40 Sat 4/1 am \$50 Sat 4/1 pm \$40 Sun 4/2 \$120 Full Workshop \$210	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="mailto:carlyn.sikes@scottsdalecc.edu">carlyn.sikes@scottsdalecc.edu</a> or 480/423-6771
April 15, Saturday 9:30-11:30am	Pranayama with Carlyn Sikes, Intermediate Jr. I To Register: Current SCC students can use the on-line system at <a href="http://www.mymaricopa.edu">www.mymaricopa.edu</a> . Non SCC students should register by phone at 480-423-6100.	\$25	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="mailto:carlyn.sikes@scottsdalecc.edu">carlyn.sikes@scottsdalecc.edu</a> or 480/423-6771
May 6, Saturday 12-3pm	Full Iyengar Yoga Practice With Carlyn Sikes, Intermediate Jr. I To Register: Current SCC students can use the on-line system at <a href="http://www.mymaricopa.edu">www.mymaricopa.edu</a> . Non SCC students should register by phone at 480-423-6100.	\$20	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="mailto:carlyn.sikes@scottsdalecc.edu">carlyn.sikes@scottsdalecc.edu</a> or 480/423-6771
June 11, Sunday 10-11am	Family Yoga with Carrie Abts	Free to Members \$3 non-members	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="http://iyasw.org">iyasw.org</a>
August 19, Saturday 10am-noon	Restorative with Marivic Wrobel CIYT Level II	Free to Members \$3 non-members	Scottsdale Community College 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="http://iyasw.org">iyasw.org</a>
November 10, 11, 12	Workshop with Senior Teacher Dean Lerner To register: Contact BKS Iyengar Yoga of Tucson 520/743-7142	See IYASW.ORG Or <a href="http://iyengartucson.com">iyengartucson.com</a>	B.K.S Iyengar Yoga of Tucson Suite 200, 3400 East Speedway Tucson AZ 85716-3953 520/743-7142
November 18, 19, 20	Workshop with Senior Teacher Carolyn Belko To Register: Current SCC students can use the on-line system at <a href="http://www.mymaricopa.edu">www.mymaricopa.edu</a> . Non SCC students should register by phone at 480-423-6100.	See IYASW.ORG Or <a href="mailto:Scottsdalecc.edu/yoga">Scottsdalecc.edu/yoga</a>	SCC Yoga & The Iyengar Yoga Center of Scottsdale 9000 E. Chaparral Rd., Scottsdale, AZ 85256 FW302 Contact: <a href="mailto:carlyn.sikes@scottsdalecc.edu">carlyn.sikes@scottsdalecc.edu</a> or 480/423-6771

## FREE TO MEMBERS EVENTS (\$5 TO NON-MEMBERS)

- MEDITATION: WALKING THE LABYRINTH ~~ JAN. 21, 2017, SATURDAY 10AM TO NOON
- WORKSHOP WITH CARLYN SIKES ~~ MARCH 25, SATURDAY,
- FAMILY YOGA WITH CARRIE ABTS ~~ JUNE 11, SUNDAY 10AM-11AM
- RESTORATIVE WITH MARIVIC ~~ AUGUST 19, SATURDAY 10AM-NOON

### IYASW AT SEDONA YOGA FESTIVAL!

TAKE ADVANTAGE OF THE EARLY REGISTRATION. FOR MORE INFORMATION GO TO [SEDONAYOGAFESTIVAL.COM](http://SEDONAYOGAFESTIVAL.COM).



#### ***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. 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 now available on our website [iyasw.org](http://iyasw.org).*



[sedonayogafestival.com](http://sedonayogafestival.com)

**March 9, 10, 11, 12, 2017**

**IYASW AS A VENDOR**

**PRESENTER**

**SENIOR IYENGAR YOGA TEACHER**

**BEN THOMAS**

#### OPEN PRACTICE SESSIONS AT SCC

These 3 hour long practice sessions are lead by Certified Teachers and are open to current Iyengar Yoga students and those interested in the practice. Dates: 2/4, 3/4 and 4/9. Cost:\$15

To register go to [www.my.maricopa.edu](http://www.my.maricopa.edu). Or contact Carlyn Sikes at [carlynsikes@scottsdalecc.edu](mailto:carlynsikes@scottsdalecc.edu) for more information.





Check our  
Facebook page  
daily for regional  
news, informative  
articles, and more!



## Workshop with Carolyn Belko

March 31, April 1, 2, 2017

Senior III Teacher Carolyn Belko will be at the Iyengar Yoga Center of Scottsdale Community College.

To register go to [www.my.maricopa.edu](http://www.my.maricopa.edu). Or contact Carlyn Sikes at [carlynsikes@scottsdalecc.edu](mailto:carlynsikes@scottsdalecc.edu) for more information.



## Pranayama with Carlyn Sikes

April 15, 2017

Saturday

9:30am– 11:30am

To register go to [www.my.maricopa.edu](http://www.my.maricopa.edu). Or contact Carlyn Sikes at [carlyn-sikes@scottsdalecc.edu](mailto:carlyn-sikes@scottsdalecc.edu) for more information.  
Cost: \$20



*Mentoring and recommending for Introductory I & II is available at SCC and the Iyengar Yoga Center of Scottsdale under the guidance of Senior Teacher Carolyn Belko.*

## Full Iyengar Yoga Practice with Carlyn Sikes

May 6, 2017

Saturday

12:00pm to 5:00pm

\$20

To register go to [www.my.maricopa.edu](http://www.my.maricopa.edu). Or contact Carlyn Sikes at [carlynsikes@scottsdalecc.edu](mailto:carlynsikes@scottsdalecc.edu) for more information.

WE ARE ON THE WEB: [WWW.IYASW.ORG](http://WWW.IYASW.ORG)

CONTACT US ON: [IYENGAR.ASSOC.SOUTHWEST@GMAIL.COM](mailto:IYENGAR.ASSOC.SOUTHWEST@GMAIL.COM)

 **HA YOGA & LIFE STUDIO**  
1940 E University Drive, Tempe AZ 85281

and IYASW Presents...

*An Iyengar Yoga Workshop with*  
MARIVIC WROBEL, CIYT

**February 5, 2017**

Sunday 9-11:30am Asana Workshop  
and 12:15pm-1:45pm Pranayama

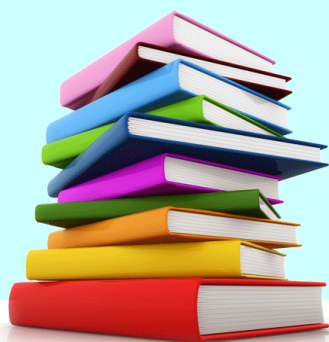


**Fees:**

Non IYASW members: \$75.00 both sessions

Non IYASW members: (individual sessions only) \$50 1st session;  
\$30 2nd session

IYASW members: \$70 both sessions; \$45 1st session; \$25 2nd  
session



IYASW is accepting donations for any books or old issues of Yoga Samachar issues and Yoga Rahasya that you no longer want. Please contact us at [iyengar.assoc.southwest@gmail.com](mailto:iyengar.assoc.southwest@gmail.com).

## Introduction to YOGA

8 Week Series • Monday Evenings  
Jan 23 - Mar 13 • 6 - 7:15 pm  
with Lily Tista & Lauren Barnert-Hosie

FULL 8 WEEK SERIES \$80  
DROPS-INS \$15  
TO PRE-PAY/REGISTER  
GO TO "SPECIAL EVENTS" AT  
[WWW.OPENSACESYOGA.COM](http://WWW.OPENSACESYOGA.COM)

*Open Spaces Yoga Center*  
Ponderosa Village, Lakeside  
(928) 367-4636



OPEN SPACES YOGA CENTER IN LAKESIDE, AZ IS OFFERING A NEW YEAR'S DAY PRACTICE, JANUARY 1, 4-5:30PM. DONATIONS ACCEPTED.

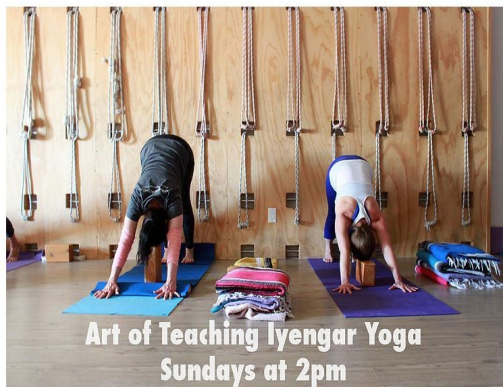
Please let us know if you have workshop and events you would like us to help sponsor. The IYASW board mission is to help Iyengar Yoga teachers promote their classes, to inform more people about Iyengar Yoga and to bring them its unique benefits. The board wants to urge students to "Look for the Mark" in choosing a teacher — the Iyengar Yoga Certification Mark.



Serving the Las Vegas Community for 25 years

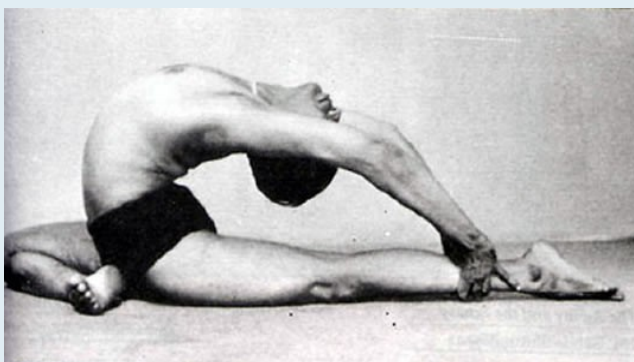
### Teacher Training Every Sunday 2pm-3:30pm

Perfect for Experienced Teachers looking to expand their skills or dedicated students interested in teaching or deepening their practice.



\$20: Returning Student

\$60: 4 Class Series



*"Yoga is a LIGHT which once lit will never dim. The better you practice, the BRIGHTER the flame"*