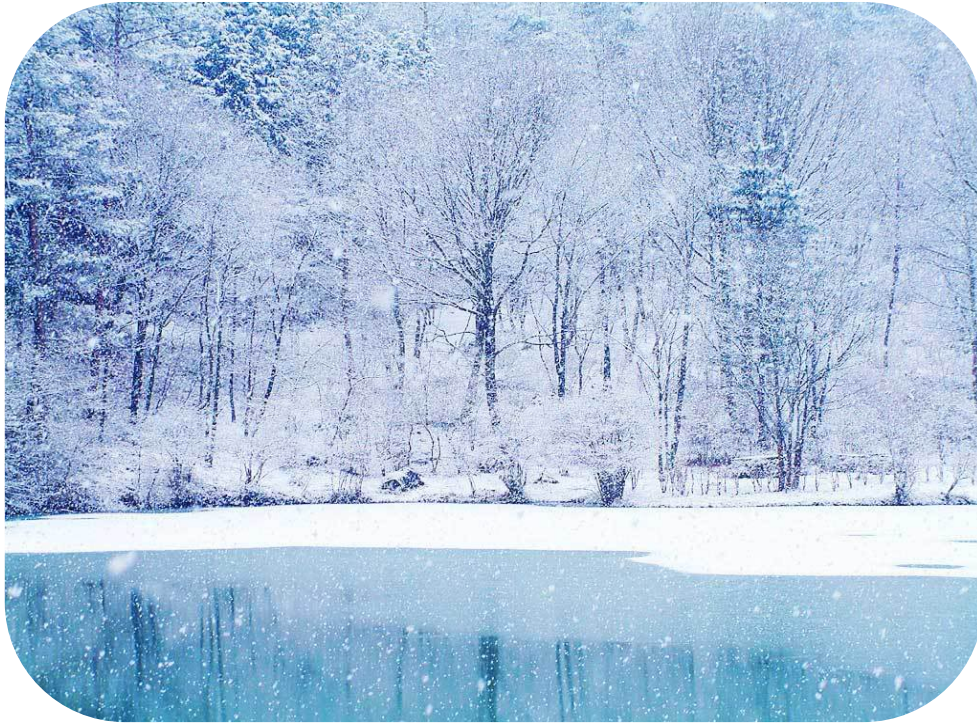


Winter 2016

IYASW

Iyengar Yoga Association of the Southwest



2016: A Look Ahead

We look forward to the coming year with much anticipation. We are very excited about this year's Iyengar Yoga Convention in Boca Raton, FL, even more so now that it has been announced that Dr. Geeta Iyengar will be there, joining Abhijata Sridhar in leading what is sure to be an unforgettable weekend of practice and community. Special pricing is available on early registration until January 15; visit <http://www.iyengarflorida2016.com/> and don't miss out on this amazing opportunity to study with Geetaji and Abhijata!

We are also excited to be bringing Nancy Stechert to Scottsdale for our first 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, most recently just last month. 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 your benefits as a member of IYNAUS and IYASW!

Wishing you a prosperous 2016,

Your IYASW Board

Iyengar Yoga of the Southwest (IYASW)

and

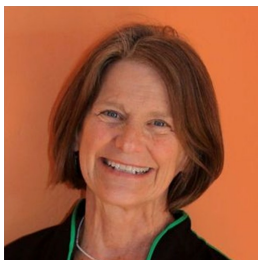


SCC Yoga & The Iyengar Center of Scottsdale

Presents...

Nancy Stechert, Sr. Intermediate Iyengar Yoga Teacher

February 26, 27 & 28, 2016



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 2/8/2016	NON-MEMBER Price good through 2/8/2016	PRICE AFTER 2/8/2016
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

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

CONTACT : iyengar.assoc.southwest@gmail.com or IYASW.ORG

SEND PAYMENT TO: P.O. BOX 44954, PHOENIX, AZ 85064

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.

YOGA THERAPY Workshop Series

NO EXPERIENCE REQUIRED

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



"Each one's capacities are a function of his or her internal strength. Know your capacities and continually improve upon them."
BKS Iyengar, Light on Life

- 1) FEEL SUPPORTED: HEALTHY BACKS AND HIPS
Saturday, Jan 23 • 11 am - 1 pm
- 2) BREAST CARE AND HEALTH
Friday, Feb 5 • 11 am - 1 pm
- 3) FREED-UP SHOULDERS AND NECKS
Saturday, Mar 19 • 11 am - 1 pm
- 4) MENOPAUSE: TRANSITIONING GRACEFULLY
Friday, Apr 1 • 11 am - 1 pm
- 5) KNEES, ANKLES AND FEET: TREAT THEM KINDLY
Saturday, Apr 30 • 11 am - 1 pm

PLEASE PRE-REGISTER
by calling Lauren at
(928) 367-4636

\$40 for one workshop
\$25 for each additional workshop
To Pre-Pay go to "Special Events"
at www.OpenSpacesYoga.com

Yoga Therapy Workshop Series With Lauren Barnert-Hosie

Lauren will be leading a series of workshops addressing specific areas of health. Visit: openspacesyoga.com to register.



Rita Lewis-Manos in Tucson April 1-3

Rita has been coming to Tucson for many years. She has been a student of Gurujī's since the 1970's, and along with her husband, Manouso, teaches at the Abode of Iyengar Yoga in San Francisco.

Register: <http://www.iyengartucson.com/>



Carolyn Belko in Scottsdale April 1-3

Senior III Teacher Carolyn Belko will be at the Iyengar Yoga Center at Scottsdale Community College. The Sunday session will be devoted to Teacher Training.

For registration information visit:

<http://www.scottsdalecc.edu/academics/departments/hperd/yoga/workshops-events>

Pranayama with Carlyn Sikes

Certified at Junior Intermediate I, Carlyn will lead students in a pranayama practice April 16 from 9:30-11:30 am. The cost is \$25. For registration visit:

<http://www.scottsdalecc.edu/academics/departments/hperd/yoga>

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: 2/6, 3/5 and 4/9; sessions run from 9:30 am to 12:30 pm.



IYASW

Follow IYASW on Facebook for up-to-date regional news and fun & inspirational stuff!



Time to Renew Membership

January is the time to renew your IYNAUS membership online. IYNAUS is moving to online-only membership service. To join or renew your IYNAUS membership this year, please do so through <https://iynaus.org/>. 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 \$30. Please include your IYNAUS ID# and contact information for our records and send to:

IYASW
PO Box 44954
Phoenix, AZ 85064

Scholarship for Study Available

Community service is an integral aspect of yoga practice. 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 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

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

Scholarships are open to current members of IYASW only.

We Want to Hear from You!

Is there an upcoming Iyengar Yoga or wellness event that you'd like us to include in the next Newsletter? Do you enjoy writing, and have an experience with yoga practice or teaching that you'd like to share with our community?

Contact us, or submit your event or article directly to us via email
iyengar.assoc.southwest@gmail.com

Or you can visit our website:

www.iyasw.org

and follow the Newsletter link for your submission.