

AUSTRALIAN
IYENGAR YOGA
CONVENTION 2025



REGISTRATION PACK

14th - 16th November | Coburg Town Hall, 90 Bell Street, Coburg, Woi-wurrung country, NAARM

IYENGAR
YOGA
AUSTRALIA

SUTRA 3:6 तस्य भूमणि वनियोगः
Its, degree-step-stage, application

Welcome from the President,
Helen Willoughby

Dear participant,

Thank you for registering for the 2025 Australian Iyengar Yoga Convention in November at Coburg Town Hall in Melbourne. We're pleased you'll join us for what promises to be an enriching and memorable event.

The Convention Working Group has collaborated closely with the Certification Committee and the IYA Board to bring you a diverse program of classes and thought-provoking talks. Classes will be taught by some of Australia's most senior teachers.

While practice and learning are at the heart of the convention, it's also a time to connect so we've created opportunities to share experiences and celebrate our vibrant yoga community.

We'll come together on Friday night for a Welcome Dinner at Brunswick Town Hall to enjoy a delicious Middle Eastern vegetarian feast. Then keep an eye out for the Coffee Cart on the weekend mornings – it's sure to become a social hub between sessions.

Inside your registration pack, you'll find:

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It's always uplifting to bring our community together and we can't wait to share this special weekend with you - side by side in practice and connection.

These events do not happen without a lot of hard work behind the scenes. A huge thank you to the members of the Events Team (Convention Working Group) and Marketing and Communication Committees for your commitment, your ideas, and your passion.

Warm regards,

Helen, on behalf of the IYA Board



The convention is being held on the lands
of the Wurundjeri people,
and we acknowledge them as the traditional owners.
We pay our respects to their Elders, past and present.





CONVENTION PROGRAM

14th - 16th November | CoburgTown Hall, Melbourne

REGISTRATION

Registration will be open from 12:30–2:30 pm in the foyer of Coburg Town Hall.

When you sign in, you'll receive:

- Your name tag (with a coloured dot indicating your group)
- A complimentary tote bag
- Any pre-paid merchandise you ordered

Please wear your name tag each day—it helps us stay organised and lets you know which group you're in for the yoga sessions.

Yoga classes will take place in two spaces within the Town Hall: the Hall and the Studio. Groups will rotate between these rooms for the morning and afternoon sessions.

We'll officially open the convention with a Welcome to Country at 2:45 pm on Friday 14 November.

Please arrive in time so we can gather and set the tone for the weekend.



EVENT SCHEDULE

FRIDAY	SATURDAY	SUNDAY
	Pranayama Class 6:30 – 7:30 AM	Pranayama Class 6:30 – 7:30 AM
	Morning Tea Provided 7:30 – 8:30 AM	Morning Tea Provided 7:30 – 8:30 AM
	Asana Class 8:30 – 10:30 AM	Asana Class 8:30 – 10:30 AM
Register 12:30 – 2:30 PM	Brunch (Not Provided) 10:30 – 12:30 PM	Brunch (Not Provided) 10:30 – 12:00 PM
Welcome to Country 2:45 – 3:00 PM	IYA Convention- In Conversation 12:30 – 2:30 PM	IYA Convention - Embracing the Future & Honouring the Past 12:00 – 1:00 PM
Asana Class 3:00 – 5:00 PM	Asana Class 3:00 – 5:00 PM	Asana Class 1:00 – 2:30 PM
Welcome Dinner Included (Brunswick Town Hall) 6:00 – 7:30 PM	IYA AGM 5:30 – 6:30 PM	CLOSING 2:30 PM
Welcome & Quiz 7:30 – 9:00 PM	Dinner (Not provided)	

Note - IYA Annual General Meeting (AGM) Saturday 5:30 to 6:30 PM

The Annual General Meeting (AGM) is where the IYA shares its annual financial report and progress with regards the Association's strategic goals and major projects. It's also when directors who've completed their terms step down and new directors are appointed following a nomination process.

The work of the IYA Committees will be showcased, and information provided about how others can get involved. This is your chance to step behind the scenes and help shape the future of our organisation. We're always excited to welcome fresh faces and new ideas to our committees and board.

TEACHER PROFILES

We are honoured to welcome the following senior Iyengar Yoga teachers, who will teach throughout the Convention.



I began practicing Iyengar Yoga as a teenager in South Africa. In 1981, I first visited the B.K.S. Iyengar Yoga Institute in Pune on an intensive with Guruji and continued to return regularly to study with the Iyengar family.

I have been a dedicated practitioner for over 50 years and hold a Senior Iyengar Level 3 teaching certificate.

I served as President of the South African Iyengar Yoga Institute before emigrating to London in 1984, where I taught classes at, and assisted with the management of the Iyengar Yoga Institute of Maida Vale. In 1997, I moved to Sydney, and in 2011 I became President of the Australian Association, a role I held for four years until 2015. I continue to be closely involved with the Association.

‘I am passionate about yoga and enjoy sharing my knowledge, experience, and enthusiasm with fellow teachers and students.’



I started yoga when I was nearly thirty years old. I had just completed an Osteopathy degree, become registered and was ready to work. Osteopathy and working with bodies taught me about energy, in the body, and mind, how it worked and how it got stuck. But I wanted to give agency to people to find their own way, not simply give them my energy, but something that was reciprocal.

Amazingly at that moment BKS Iyengar came to Australia for the first time. When he walked into the room it was as if an electric current passed through us. I forgot myself for the length of the class as I lapped up what was being asked of us. He certainly knew how to move the energy in all the centres of the body, mind and emotions. He also knew how to stop movement to make us go inside.

Thereafter, most years, until 2019 I went to Pune for a month or two at a time. Later, Geeta taught three-week intensives. The learning was very focused and the energy of the different nationalities attending, so interesting. This immersion was great learning.

And then, wonderfully, Geeta taught a women's intensive in Pune in 1997. She was going through menopause, and she was wanting to get something across to us. She spoke often to us Western women and our practice. She saw we were working with a hardness, kicking in our bodies, tightening our inner organs (and lives too). She was upset to see the dryness, but it was the habit mind that she often addressed. In hindsight I think she wanted to open something in us, awaken the fragrance, the essence. For three weeks we were immersed, slowed down, as she recalibrated our nervous systems, refining our self-observation and easing the pressure 'to do.' Learning to hear this pressure gave a time and space, finding ourselves again.

So, I learnt that there is practice, and then there is the life lived brought into the practice and the practice taken into the life.

There is no magic in all this. Sickness comes and goes, marriages break, there are difficult times that challenge and ask for deeper levels of maturity. I had to find my way, I was deeply interrupted/disturbed in ways that I did not expect, illness, break up, deaths and the practice felt not enough.

“This practice, my life had to become my own, with my own spiritual roots, and a deeper understanding of myself (as a woman too). To think for myself and trust this authority.

I believe each of us must make that journey into ourselves and take the path that calls.”

I have had many extraordinary teachers who have shown me their way with their own lives, and shone light on mine. I work as a chaplain in a high security prison. There is an inmate I see, an indigenous man, jailed for life, now having done nearly forty years. He sees things clearly, yet his life is so hard, lonely, limited. So many losses.

Yet to be with him is to be emptied, he has no control over anything, only himself. His presence speaks of this, he seems to know how to wait on grace. He has dignity that is rare to see, the dignity of being a human.

Blessed are the Light givers, those who show us light for others to walk.



I began practicing Iyengar Yoga in the early nineties in Adelaide when a good friend started practicing yoga. She was young and pregnant, and the transformation and courage were inspiring to me, and I was curious. This led to going to a class at the same school that I have now been running since 97. The yoga class made me feel different and I liked that I felt focused and couldn't think of anything else apart from what I was doing.

I did my first teacher training with Pixie Lillas and Alan Goode in 97 and went to Pune in the same year. Needless to say,

“I was really moved by Geeta. Her teaching was so clear and straightforward and from her heart.”

I am a student of Pixie Lillas which has sustained and informed me on many levels over the years. It has also been so helpful to practice and teach in Adelaide with others also taken up with this subject.



It was 1991 Belongil beach hall and a three-week yoga course that set alight the tapas for me in Yoga practice. I was hooked and repeated the intensive before returning to Melbourne in 92` in search of a yoga studio offering something similar in intensity.

There with Simon M. at St Kilda Iyengar Yoga School together with a motley crew of fringe dwelling yogis formed what became an apprenticeship for 6 days a week. 5am starts for 6 years. The practice room was on fire... the seeds of sadhana buried deep in sweat on the mat...this really formed what still remains to this day; an uncompromising willingness to open to practice.

Regular visits to RIMYI and Geeta`s primary influence there, coupled with decades of apprenticeship style training from senior teachers in Australia... namely Peter T, only fuelled the intensity of tapas in practice & teaching. Those long-ago planted seeds started bearing fruit as integrated form in the body... also as a continuity... a discipline, whereby textural qualities of delicacy & fineness reference action.

The sophistication of this practice coupled with simply “liking” practice has me holding to yoga scriptures & belief structures more lightly.

“I think that’s where this practice takes us - into knowing just enough to connect to our hearts.”

I`m excited to be teaching at the Convention and to come together again as a community.



I am a Senior Intermediate 3 (Level 3 under the new system) certified Iyengar Yoga teacher, teacher trainer, teacher assessor, and assessment moderator, and I currently serve as a teacher director on the Iyengar Yoga Australia board.

I have run the Central Yoga School since 1998. Before that, I undertook a traditional yoga apprenticeship with Shandor Remete, a strong and inspiring teacher, after beginning Iyengar Yoga classes in the late 1980s.

Apart from occasional visits to the Iyengar Yoga Institute (RIYMI) in Pune, India,

“I have worked mostly on my own for the past 20 years, deepening my understanding through a disciplined daily practice and a strict adherence to the Iyengar method.”



I began practicing Iyengar Yoga in my early 20's. At the time, I had been training and working in drama and theatre. Although this was an exciting period, it also had its frustrations as employment in the industry was very competitive. It was hard to get work that was meaningful. A vast majority of the time, all my training was being used to carry plates to and from tables. Time for a rethink.

During this time, I was introduced to Iyengar Yoga. I was immediately drawn to the practice. As a

student, I found the teaching to be both demanding and yet liberating. The experience was challenging and demanded total focus. Even if I wasn't entirely sure why I was doing it, I knew I was there for life. It was like drama on some levels, the experience was creative and engaging, but yoga left a much deeper imprint in me. Over time yoga filled my world internally and shifted my view externally.

The vastness of the subject began to reveal itself, in its own time. Rather than feel overwhelmed, it was inspiring. Even the act of returning to a simple pose daily, for example Adho Mukha Svanasana, revealed not so much what I knew, but what I didn't know, thus prompting me to practice more. In experiencing my limitations, I got a peek into the possibilities.

This set me in the direction of teaching, where it soon became apparent that it was in the student's response that the main learning was taking place. The subject was turned back on me; did I really understand what I was wanting to teach? What was it that I wanted to convey through this pose? What means am I giving the student to understand and learn the process that will give them a pathway into the subject?

I have now been practicing and teaching yoga for over 40 years. I experienced many challenges over this period, both personally and externally.

“The world has become an ever-increasingly complex and, at times, overwhelming place. Yoga has remained a constant, a place to become quiet within, to still the noise internally and externally, to recalibrate. A gift.”



I started Iyengar Yoga in London around 1978. I then studied yoga intensely in Japan with a Japanese teacher before my first trip to RIMYI in Dec 1980.

I think I then returned to RIMYI around 1984 and that set up a pattern of pretty much annual visits to RIMYI through to about 2017.

Typically, these visits were for a month or two and that was the usual pattern for my teaching colleagues as well at that time. There were however “intensives” usually for a month, often taught by Geeta for an Australian group or perhaps a Canadian group/US group that we piggybacked on. Later through the 90’s, international “Conventions” became the new usual.

Particularly important for me however was Mr Iyengar’s backbend intensive in Dec 1990. This was my first intensive exposure to Mr Iyengar’s teaching and really it changed everything for me, transforming my practice understanding and my teaching and introducing me to an exploration of asana as “energetic structures” (“the dome shape”) rather than simply as form or “motion”.

That exploration has continued to this day as an ongoing process of practice investigation and refinement. A practice based on an understanding of asana as energetic structures necessitates a systematic approach founded on a clear methodology with clear references for understanding.

“Understanding” really implies something known and understood in feeling as opposed to something “known” intellectually or conceptually. It is practice-based rather than information-based. We need to be able to “feel” our way rather than “think” our way.

“Approaching asana as energetic structures completely changes practice values and priorities and is a very different approach to that based on form or outcome (performance/final pose).”

The priority in practice understanding lies in the beginning of an asana, including the attitudinal beginning, and it proceeds in a causal chain though to the culmination of an asana according to the access we have to feeling in an asana. This process demands continuity and connectedness in feeling and is the basis for our navigation though an asana. Feeling proceeds in continuity; thinking in steps.

Dis-continuity then in feeling implies a breakdown in process and provides us with a diagnostic tool for problem solving and an understanding of where our approach has broken down.

Really then in effect, asana is held as an understanding in the nervous system, and it needs to be not, in any way, reliant on any intellectual or conceptual calculation. Asana is a training ground for the cultivation of feeling and of the mental culture that is required to support that.

I think this is Mr Iyengar’s legacy.



I began Iyengar Yoga in 1976 with Dona Holleman in Florence, Italy. In 1977, I was fortunate to join a six-week intensive at the Institute in Pune. That first experience of being taught by Guruji was completely transformative. The effect yoga with Guruji had from that very first meeting, and in the years that followed, is hard to put into words. I think that's because it was something that occurred deep inside, not on an intellectual level – and that continues to be my sense of yoga today.

“For me, yoga is a learning that happens on many levels, sometimes unseen. It is a tool that expands our sense of the world through the concrete, tangible vehicle of the body. I see yoga as an education that often takes place when we’re not consciously looking for it.”

Guruji has said that yoga doesn't change what we see; it changes the person who sees. Practice requires reflection. I believe we often see ourselves most clearly when we become more neutral – when we make space for something unexpected.

I started yoga without knowing anything about it and without any expectation, and I continue to feel it is an ongoing exploration, mentally and physically. Age itself asks us to review our perception of how we have been and to see where we are now. This can be challenging, but also liberating, as restrictions and limitations often require us to bring a fresh perception of ourselves to our practice. I find how I truly am on any given day when I step onto the mat.

I moved to Australia in 1980 and have been running the Balmain Yoga Studio ever since. I continued to study at RIMYI each year after that first visit, and I also return regularly to Italy, England, and New Zealand to teach workshops and retreats.



My Yoga Journey started in the East End of London in the 90's after I walked into the newly opened Yoga Studio with a passionate teacher Glenys Shepard who was a devoted student of BKS Iyengar, I didn't know what it was that grabbed me about this thing called Yoga, but it did, and I found myself back at the studio most days. After a number of years living in London I returned to Sydney and started learning at Balmain Yoga Studio with Pixie Lillas. At this time, I could throw myself into the practice of Yoga with a great teacher and group of dedicated students who all shared a commitment and enthusiasm to practise.

My first Trip to Pune was in the early 2000's, being exposed to teaching of the Iyengar family and having nothing but Yoga to focus on was challenging but exhilarating. I have returned year after year because it allowed me time to deepen my own practice and develop my own personal journey with Yoga, my enthusiasm just grew.

"I believe Yoga has so much to offer in our modern life and have always enjoyed sharing with others something that has given me so much."

Marrickville Yoga Centre which I run with my partner Hasu Opa Clark has been going strong for nearly 20 years and we have and continue to provide and develop a place, space and a community where others can experience and practise Yoga.



TALKS

SATURDAY TALK - 12:30 to 2:30 PM

IYA Convention: In Conversation

Bronwyn Rust will host a dynamic and interactive discussion with senior teachers Peter Thomson, Caroline Coggins and Arjun von Caemmerer. Join this thought-provoking session between the speakers and you, the participants.

The Yoga Sutras — Relevance in Contemporary Practice

With hundreds of translations and interpretations now available, Patanjali's Yoga Sutras have become both foundational and at times contested within modern yoga. Every translation carries a degree of subjectivity - shaped by the lens, culture, and context of the translator.

But how does this subjectivity influence how we practice yoga? And more broadly, what role do the Sutras play in contemporary practice? Are they guiding metaphors for exploration, experiential maps of consciousness, or philosophical relics that require critical rethinking?

This panel will explore the enduring and evolving relevance of the Yoga Sutras from a practice perspective.

Speakers:

Arjun von Caemmerer

I have lived in Nipaluna, Hobart from 1993 where I enjoy practising and teaching yoga, bushwalking and trail running, reading and writing, music and chess. I began practising Iyengar Yoga in 1987 in Sydney and was awarded a Senior Iyengar Yoga Teaching Certificate in 2017. I (with Naomi Cameron, my life-partner) founded the Hobart School of Iyengar Yoga in 1995. I have held positions within the IYA Moderators group and the Teachers and Ethics Committees and participated with IYA as a teacher trainer and assessor for over a decade.

I am also a practising GP (MBBS Hons1,1987; FRACG 1994) at Hopkins Street Clinic in Moonah, Tasmania where I have worked from 1994 — challenging but rewarding work that occasionally includes teaching medical students and GP registrars in training. Cross Match, my 2004 article regarding the intersection of Iyengar Yoga and Medicine, is on the IYA website.

My published writing includes poetry, essay, short story, reflections on music etc and has surfaced broadly, from Yoga Rahasya & IYA to Australian Jazz.net & the Medical Journal of Australia. Vice Versa, new and selected poems (2016) is available on Collective Effort Press. I was guest poet of the 2017 Tasmanian Poetry Festival and of the Australian Doctors Orchestra group in 2023. I have a long-standing collaboration with pianist/composer Michael Kieran Harvey, now spanning around a dozen CDs on Move Records, including Patañjali (2015) &, recently, War Sonatas (2025).

Current yoga interests include exploring the Yoga-Sūtra; the relationship of prayer to prāṇāyāma; the connections of āsana to running; considerations around the language of yoga teaching; and, pondering what constitutes optimal long-term āsana repertoire.

Bronwyn Rust

I'm a long-time student and teacher of Iyengar Yoga, drawn to its vast depth and creativity. My approach is rooted in curiosity, and I believe that wherever we are in life, yoga always has something to offer.

I began yoga as a teenager and am a Level 3 Senior Iyengar Yoga teacher, as well as a registered Teacher Trainer and Assessor with Iyengar Yoga Australia. I've also served on several IYA committees, including the Board and Ethics, and was Events Chair for the 2009 Twin Waters retreat with Geeta Iyengar.

I'm grateful to all of my teachers and students for the many learnings they have given me. As the director and principal teacher at Yogaville, and a long-time resident of Melbourne's inner north, I feel deeply connected to the community I serve.

I find inspiration for teaching in daily life. I still have a strong love of music, having worked for many years with an independent record label, and when I'm not teaching or practicing yoga, you'll find me travelling, surfing, walking in nature, or cheering on my (mostly losing) footy team — go Saints!

Caroline Coggins (see profile above)

Peter Thomson (see profile above)

SUNDAY TALK - 12:00 to 1:00 PM

IYA Convention: Embracing the Future and Honouring the Past

Darrin McNally, our Certification Committee Chair, will introduce an inspiring lineup of speakers to unveil developments and initiatives the Association plans to roll out in the future.

Speakers:

1. **Helen Willoughby — Digital Resource Library (E-library)**
2. **Amy Wells — IYA Foundation and Private Health Insurance**
3. **Andrew Lim — Under 40's Community Network**
4. **Helen Willoughby/Peter Thomson — 'Honouring the Past'**



PROPS TO BRING

What Props to Bring

You will need to provide your own props. The essentials are listed below plus any other props you may personally require.

- Mat
- Belt
- Two blocks
- Two blankets
- Support for sarvangasana - more blankets or shoulder stand pads.



V E N U E

Venue Information

Coburg Town Hall

90 Bell St, COBURG [View on Google Maps](#)

Coburg Town Hall is easily accessible by train, tram, and car. It is approximately a 20-minute drive from Melbourne's city centre and the airport.

Getting there by Public Transport:

- Tram No. 19 runs along Sydney Road from the city to Coburg. From Sydney Road, it's a 4-minute walk to Coburg Town Hall.
- You will need a Myki card for tram travel. [Plan your journey here.](#)

From Melbourne Airport:

- The [Skybus](#) offers frequent service between the airport and Melbourne city centre, running daily from 4:00 AM to 1:00 AM with departures every 15 minutes. Tickets are available online, via the Skybus app, or at kiosks at the airport and Southern Cross Station.
- Taxis and Uber are also available.

Parking at Coburg Town Hall:

- Ample parking is available behind the Merri-bek Council offices adjacent to Coburg Town Hall. Parking may be limited on Fridays during business hours due to council use.
- Additional parking is generally available in surrounding residential streets and is typically unrestricted on weekends.

Brunswick Town Hall

233 Sydney Rd, Brunswick [View on Google Maps](#)

This venue hosts our **Welcome Dinner on Friday at 6:00 PM**. It is approximately 6 km from Coburg Town Hall and reachable via a 15-minute tram ride along Sydney Road – Tram No 19. Parking may be limited, so please check nearby side streets for additional option.

CATERING

The Welcome Dinner on Friday and the morning teas on Saturday and Sunday are included in your registration fee. The meals will be vegetarian, with clear labels for gluten-free and vegan options.

Please note that participants are responsible for choosing foods that meet their dietary needs and preferences.

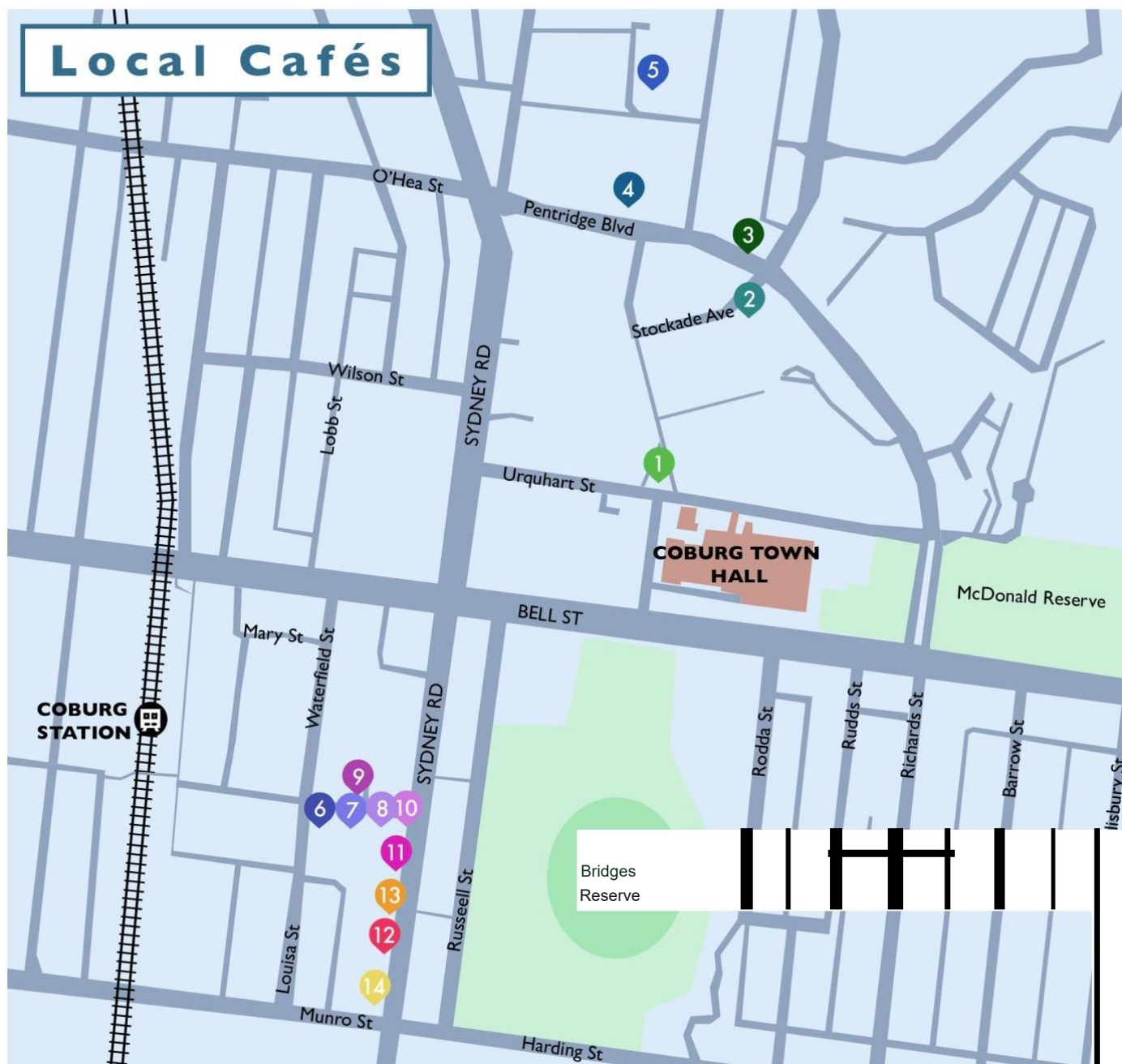
If you have any special dietary requirements beyond vegetarian, please let us know by completing this [form](#) by 20 October 2025.

Local Cafés for Lunch

There are many excellent cafés within walking distance of the venue where you can enjoy lunch on Saturday and Sunday. The neighbourhood is wonderfully multicultural, offering a diverse range of cuisines to suit every taste.

Below are a few recommendations to get you started, but you'll discover many more options if you explore eastward along Sydney Road towards Brunswick. There is also a park directly opposite the Town Hall where you can enjoy a picnic.





- | | |
|--|---|
| 0 The Glass Den | 0 Nang Mai Vietnamese Restaurant |
| E> Officer Coffee | 0 Crystal Bakery (for good Banh mi) |
| E> Noi Pizzeria | 4P Yanni's Pantheon cakes |
| 0 The Boot Factory | □ Tabet's bakery |
| 0 Cielo Gelateria | □ The Deli Cafe |
| □ Chorba Cafe | Trivelli Cake Shop (has both sweet & savoury including THE BEST cannoli ever) |
| f> Half Moon Cafe | |
| 0 9 Meal Cafe and Nepalese Restaurant | |

If you wish to wander a little further afield for dinner with yogi friends on Saturday night, here are some suggestions.

Hanoi Rose

Describes itself as Vietnamese food for foodies. Delicious, fresh, extensive menu with fantastic vegan and gluten free options too (including Bahn Mi!)

161 Sydney Rd, Brunswick

<https://hanoirose.com.au/>

Joe's Shoe Store

Quintessential Melbourne bar if you're looking for the real experience in Time Out's recently named 'best street in the world'. Leather booths, outdoor courtyard and fantastic pizzas (Vegetarian & GF available)

233 High Street, Northcote

<https://www.joesshoestore.com.au/>

Umberto

Traditional Italian dishes in High St Thornbury, serving good food as well as proper coffee and genuine hospitality. Vegetarian and Gluten Free available.

917 High Street Thornbury

<https://www.umberto.com.au/>

Benzina Cantina

Fresh, tasty street style Mexican Food in High St Preston just off Bell St with rooftop terrace.

Vegetarian and Gluten Free available.

84 High Street, Preston

<https://benzinacantina.com>

Post Office Hotel

Classic pub setting with beer garden and all dietary requirements accommodated. Also has a pool table, often live music and an onsite brewery.

229-231 Sydney Rd Coburg

<https://www.thepostofficehotel.com.au/>

ACCOMODATION

Accommodation and Billeting

You'll need to arrange your own accommodation for the Convention. We recommend checking [Air BnB](#) and [Booking.com](#) focusing on the Coburg and Brunswick areas to stay nearby.

If you're interested in billeting, there are some options available. Please reach out to [Natalie](#) to discuss this option.



MERCHANDISE

Convention Merchandise

Get into the Convention spirit with our unique T-shirts, singlets, and beanies - don't miss out! **MERCHANDISE ORDERS DUE BY 14TH OCTOBER 2025**

The convention merchandise is available by pre-order only. If you haven't already placed your order, click the link below. You will collect your order when you register on Friday.

[ORDER MERCHANDISE](#)

CONVENTION MENS - SINGLETS



GREY - FRONT



GREY - BACK



NAVY - FRONT



NAVY - BACK

CONVENTION WOMENS SINGLETS



PINK - FRONT



PINK - BACK



BLUE - FRONT



BLUE - BACK

CONVENTION

WOMENS

T-SHIRT



NAVY -FRONT



NAVY -BACK



ECRU -FRONT

AUSTRALIAN
IYENGAR YOGA
CONVENTION 2025

ECRU -BACK

CONVENTION

MENS

T-SHIRTS



NAVY -FRONT



NAVY -BACK



GREY -FRONT



GREY -BACK

CONVENTION

BEANIE



GREY-FRONT



GREY-BACK

C O N T A C T S

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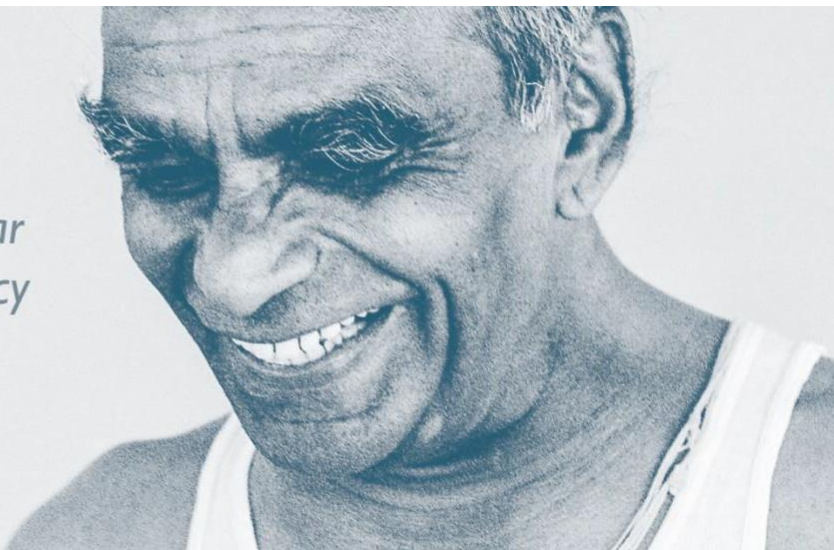
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ACKNOWLEDGEMENTS

We are ever grateful to B.K.S. Iyengar and his family for their ongoing legacy and inspiration.



This event was brought to you by the IYA Events Team and the Communications and Marketing Team, who worked closely with members of the Certification Committee and the Board.

Events Team (Convention Working Group):

Natalie Murphy (Chair), Vivienne O'Brien (Board Liaison), Camille Jeboult (Administrative Support), Tracie Martens (Merchandise), Fiona Rawson (Catering), Vaughan Allen (Audiovisual), James Hasemer (Teachers Committee) and Darrin McNally (Certification Committee).

Communications and Marketing Team:

Sally Mumford (Chair), Michelle Katsouranis (Design), Mia Ferreira (Social Media), and Sabrina Sontag (Digital Media).

Convention Logo Design:

Michelle Katsouranis