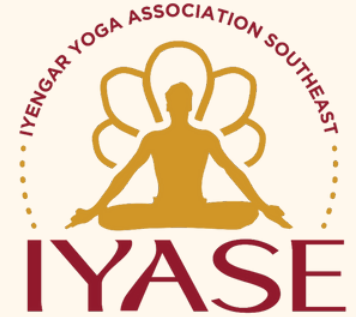


2023 ANNUAL REPORT



Message from our President

The world has changed a lot over the past few years - in 2023, virtual events still enabled us to connect across distances, and in-person events returned, allowing us to again gather face-to-face.

IYASE has adapted - hosting virtual workshops and offering scholarships and grants for virtual and in-person events. We've also updated and enhanced our outreach efforts. We are proud to share our Annual Report with you!

IYASE exists for our members, and we are always looking for ways to be of service. Please feel free to reach out anytime.

Alix Steinmetz
IYASE President

OUR MISSION

The Iyengar Yoga Association of the Southeast (IYASE) builds community and facilitates the study of yoga based on the teachings and philosophy of B.K.S. Iyengar and in support of the Iyengar Yoga National Association of the United States (IYNAUS).

HIGHLIGHTS

Communications

82% Latest open rate for our quarterly IYASE e-newsletter.

5x IYASE Social Media accounts are growing. Our IG followers surpassed 2,000! That's 5x the number we had 1 year ago.

NEW Launched a new IYASE website in March 2023.





I am so incredibly grateful for the scholarship for the 2023 Convention in San Diego. I will always cherish the experience. Thank you IYNAUS for bringing us all together in this way and to IYASE for making my trip possible.

*-Laura Plofchan, IYASE
Member from South Florida*



Scholarships & Grants

- 3** Scholarships awarded for in-person attendance at the IYNAUS National Convention in San Diego in May 2023.
- 9** Scholarships awarded for virtual attendance at the IYNAUS National Convention in San Diego in May 2023.
- 1** Community Outreach Grant awarded for community classes at Mudita Yoga & Therapy in New Orleans.
- 1** Assessment Assistance Scholarship awarded.
- 1** Lotus Fund Grant awarded for a member suffering personal or professional hardship.

Events

- 2** Free-to-Members classes on Zoom
 - Mirrors & Reflections: A Study of Relationships and Shapes led by Kelly Sobanski, Level 3 CIYT
 - Yoga for Osteoporosis led by Mariso de Colsa, Level 2 CIYT

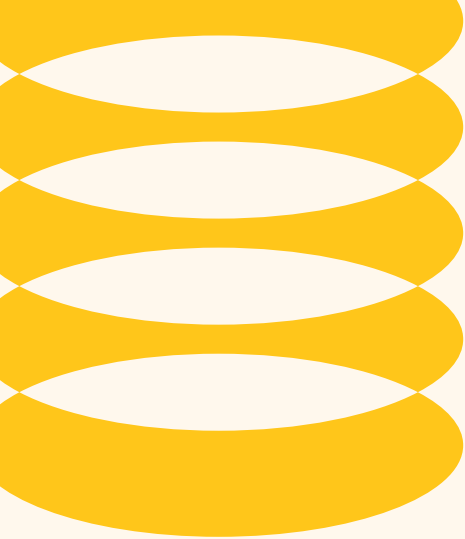
Membership

-3% Net loss in Membership

2024 Board of Directors

- Marian Bell
- Marisó de Colsa
- Raina Fishbane
- Jill Frankel
- Juli Kagan
- Weimao Lee
- Janet LeFrancois
- Alix Steinmetz
- Kathryn Wroth



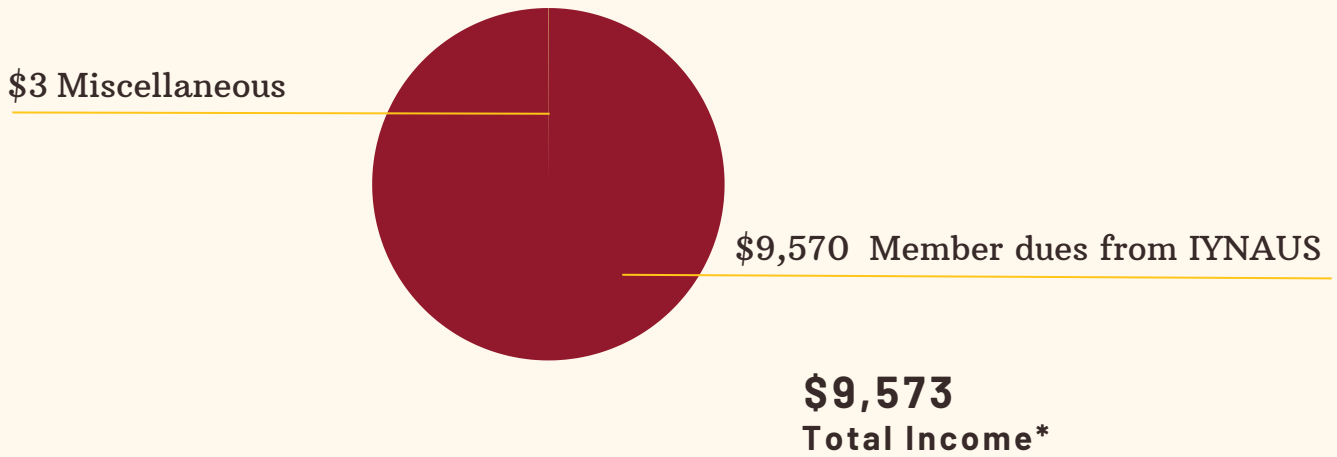


Contact

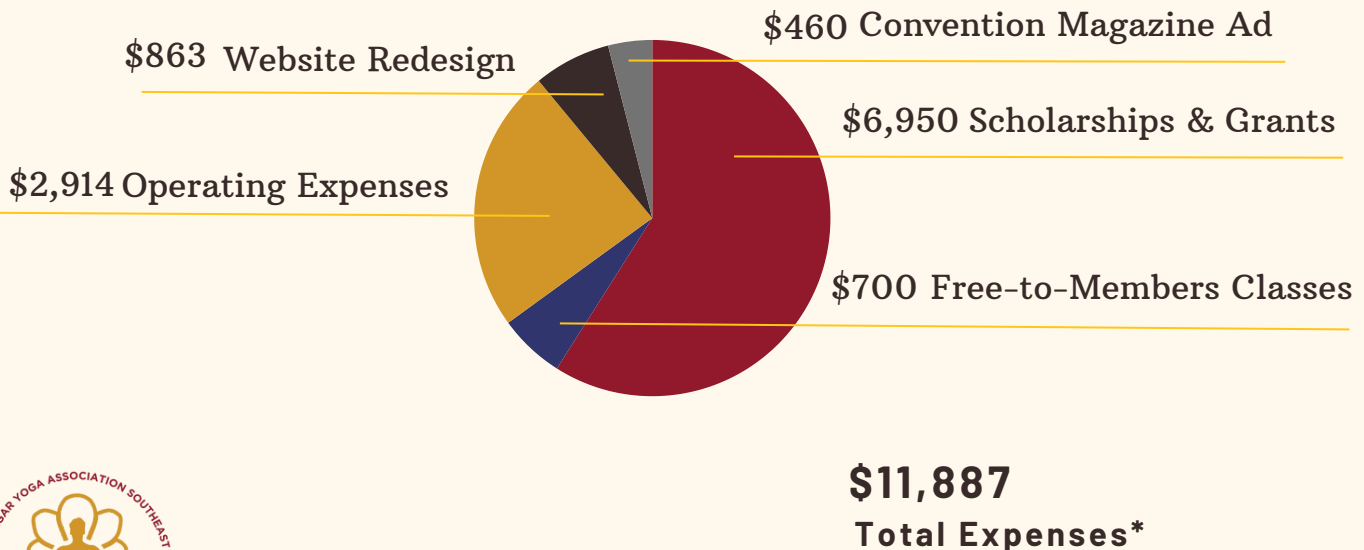
Join or renew your IYASE Membership and learn more about scholarships, grants, and events at iyase.org or email iyase.president@gmail.com.

2023 FINANCIALS

Sources of Funds



Uses of Funds



**Difference covered by savings.*

