



IYENGAR YOGA
ASSOCIATION
OF THE MIDWEST

2022 IYAMW Annual Report

About the Iyengar Yoga Association of the Midwest

The Iyengar Yoga Association of the Midwest (IYAMW) is one of 12 independent, regional branches of the Iyengar National Association of the United States (INYAUS) which conducts annual certification assessments, monitors the fulfillment of continuing education requirements, and maintains a code of ethics for teachers in the US. Regional associations serve the students in their geographical area with regular communications about news updates, opportunities for study in the region, access to scholarships, lending libraries, special member-only events, and more. The region includes: Illinois, Indiana, Michigan, Ohio, and eastern Wisconsin.

IYAMW Purpose: This Association is committed to study, teach, disseminate and promote the art, science and philosophy of Yoga according to the teachings of B.K.S. Iyengar. Its purpose is exclusively educational and charitable.

Highlights

Website Revamp

A task force consisting of IYAMW board members undertook the review and updating of the organization's website, including migration to a new platform, under the guidance of

Chicago-based Iyengar yoga student and professional web and app designer, [Nancy Kononelos](#).

Retreat

Our in-person annual retreat returned in 2022. CIYTs Jennie Williford and Kathleen Wright presented *The Wholeness of Yoga* at Loyola University Recreation & Ecology Center over the weekend of September 9-11.



Registration Income	12441.45
Scholarship (6@ \$470)	2820
T-shirts	170
T-shirts	-426.08
LUREC	-9231
Teachers	-3000
Kirtan	-500
Snacks, flowers, gifts	-278.61
Insurance	-1475
Total	520.76

Scholarships

Five full scholarships plus travel reimbursement were awarded for the 2022 In-Person Retreat.

"After almost three years of no in person training, it was great to do yoga with other practitioners in the room. I felt nurtured and uplifted by our beautiful Midwest Iyengar Yoga community. Our wonderful teachers Kathleen and Jennie were wise and compassionate, challenging us to refine our awareness of body, breath and mind. It was a pleasure to visit with old friends, and make some new ones...I enjoyed the retreat on many levels and definitely hope to participate again in the future."

Karen Allgire

"...I wish to close my writing today expressing abiding gratitude to the IYAMW Committee that I could participate during this event. I left the northern Illinois region returning to my Bloomington, Indiana, home with a deep sense of awareness that my life is befitted greatly from the teachings, writings, and practices. Generations exist this present day of yogis finding inspiration and a life of contentment because B.K.S Iyengar and his generations of teachers, advocates, and practitioners in Iyengar Yoga locally and globally share freely their own expressions, love, and commitments to a yoga methodology and discipline. I hope to see you-all September 8-10, 2024 at the next in person IYAMW retreat!"

Tony Hirsche


"I am ever grateful for the opportunity to attend the annual 2022 retreat through the scholarship program. It was heartwarming and inspiring to reconnect as a speck of light in this ever expanding, glowing, world-class Iyengar community. A special thanks to all of you for your dedication to the evolution and expansion of Iyengar Yoga. May you continue to move forward with the monumental work you are doing and know that you are making a HUGE difference in this beautiful, troubled world."

Julia Visconti

IYAMW provides support to members to help them attend annual retreats, IYNAUS conventions, and yoga workshops.

IYAMW assists in the development of community engagement programs in communities where Iyengar yoga is not currently available, accessible, or affordable.

Financial

Balance Sheet		
B.K.S. Iyengar Yoga Association of the Midwest		IYENGAR YOGA ASSOCIATION OF THE MIDWEST
As of Dec 31, 2022		
ACCOUNTS	Dec 31, 2022	
Assets		
Cash and Bank		
BusInter 0001 (432)	\$63,776.07	
Total Cash and Bank	\$63,776.07	
Other Current Assets		
Total Other Current Assets	\$0.00	
Long-term Assets		
Total Long-term Assets	\$0.00	
Total Assets	\$63,776.07	
Liabilities		
Current Liabilities		
Total Current Liabilities	\$0.00	
Long-term Liabilities		
Total Long-term Liabilities	\$0.00	
Total Liabilities	\$0.00	
Equity		
Retained Earnings		
Profit for all prior years	\$9,258.76	
Profit between Jan 1, 2022 and Dec 31, 2022	\$530.41	
Retained Earnings/Deficit	\$53,986.90	

Membership

Member Committee conducted a survey to show the level of awareness and needs of IYAMW

community. The results will be reviewed with the Community and the Board will incorporate findings into 2023 Goals.

[Membership Survey Results](#)

Fundraising

Special thank you to Tara Zanzig who designed our retreat t-shirt.