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IYENGAR YOGA ASSOCIATION OF MINNESOTA • P.O. BOX 582381 • MINNEAPOLIS, MN 55458-2381

The Iyengar Yoga Association of Minnesota
would like YOU as a member

PURPOSE OF THE ASSOCIATION

- To promote the study, teaching and dissemination of the art, science and philosophy of yoga according to the teachings of B.K.S. Iyengar.

WHAT THE ASSOCIATION DOES

- Disseminates the teachings of B.K.S. Iyengar within Minnesota and surrounding states.
- Sponsors local workshops given by certified senior Iyengar instructors.
- Provides support to students of Iyengar yoga through educational and social activities.
- Contributes to Iyengar yoga endeavors around the world.

MEMBER BENEFITS

- Automatic membership in the Iyengar Yoga National Association of the U.S. (IYNAUS).
- Mailings from IYNAUS including newsletters, bulletins and certified teachers list.
- Free attendance at Yoga Day and other special events.
- Discounts on tuition for Association-sponsored workshops.
- Regular correspondence including minutes of Association meetings, information on upcoming Iyengar yoga events and newsletters.
- Optional subscription to *Yoga Rahasya* — a quarterly publication of the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India.



REGISTRATION AT WWW.IYNAUS.ORG IS NOW AVAILABLE!

NOTE: certified teachers are required to register through IYNAUS

I would like to JOIN or RENEW my membership in the Iyengar Yoga Association of Minnesota for 2010. Membership is for the 2010 calendar year only. Prorated membership fees for those joining mid-year are not available.

Name _____ Phone _____
 Address _____ Email _____
 City/State/Zip _____

- \$55 standard single membership \$ _____ amount enclosed
 \$70 supporting membership \$ _____ additional tax-deductible donations are
 \$25 annual subscription to *Yoga Rahasya* welcome in any amount
 (optional – see description on the back of this form)

Please make check payable to IYAMN and mail to: IYAMN, P.O. Box 582381, Minneapolis, MN 55458-2381. Membership expires at end of the calendar year, December 31, 2009. \$25 of each membership will be sent to the Iyengar Yoga National Association of the U.S. Email iyamn@inyaus.org or check our website www.iyamn.org for further information.



YOGA RAHASYA

Yoga Rahasya is a quarterly publication of the Ramamani Iyengar Memorial Yoga Institute (RIMYI), Pune and the Light on Yoga Research Trust, Mumbai, India. It is published on the occasions of the Annual Day of RIMYI, Hanuman Jayanti, Guru Purnima and Patanjali Jayanti which generally fall in the months of January, April, July and October.

The aim of *Yoga Rahasya* is to share the essence of Yogacharya BKS Iyengar's teachings and the first issue of *Yoga Rahasya* was released by Guruji Iyengar himself on Hanuman Jayanti, April 1994.

Over the years, Guruji has been enlightening us through his talks but not everyone is fortunate to be present on all occasions. Transcription of his speeches and also that of Geeta and Prashant Iyengar are published in *Yoga Rahasya*. Sometimes the words of Guruji seem full of mystery, something that is secret or difficult to understand arousing deep curiosity. But as students, as we progress in our practices, his revelations evolve on their own for us to realise that these mysteries contain a wealth of truth. *Yoga Rahasya* serves as a store house of this wealth of spiritual knowledge as we evolve in our yogic journey.

Many of us have the desire to study the ancient Indian texts but are unable to do so due to our inability to comprehend the language. *Yoga Rahasya* gets learned scholars to explain these texts in a language which we all can understand.

Yoga Rahasya also covers the therapeutic effects of asanas and pranayama in a series entitled "Treating Chronic Ailments with Yoga."

Finally, *Yoga Rahasya* serves as a means of interaction between the members of the large, global Iyengar Yoga family.