



FALL 2020

NEWSLETTER

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www.friendshipyoga.com

From the Director

Nancy Footner, Certified Iyengar Yoga Instructor

With Covid-19, no one is living the life they were living a year ago, or even last March! I certainly never in a million years imagined that I would be teaching Friendship Yoga classes online, and in fact, was resistant to the idea at first.

When the studio closed in mid-March for spring break and remained closed based on recommendations from infectious disease specialists, I think we all thought it would be for a month or two, maximum. Now as we approach winter and the numbers continue to be high in Iowa City/Johnson County, it is impossible to predict when it will be safe to resume classes in the studio again.

Thankfully, many students have risen to the challenge and enrolled in the Friendship Yoga Zoom classes. Now with about seven months of Zoom classes behind us, everyone on both sides of the screen teachers and students, are feeling more at ease. I applaud the efforts the students have made to arrange their homes to create "camera ready" practice space. In the studio, I upgraded my screen to 40 inches, which makes it much easier to see the students. Yes, it can be frustrating, as I cannot reach through the monitor and give quick physical adjustments that can be so helpful, or bring the student an extra blanket or block when I can see it is called for, but we are learning by doing.

The good news is that some students have reported that now that they have a home "studio", they are practicing more than in the past. This is one of the silver linings to the pandemic.

We are approaching mid term and if you have not given online classes a try, now is the time! All the classes have openings (see the schedule on www.friendshipyoga.com) and we will be resurrecting the Level 1 class on Sunday mornings from 11am - 12:30pm in November. Please contact me if you are interested. If you are still feeling dubious, read the following student testimonials.

From the Students

Study/Practice has become a crucial part of my daily life--it only took a pandemic to reach that level of integration!

It's been very helpful for stress management and has helped with back and neck pain. After a long day behind a mask, I feel like the deep breathing brings me into balance. –KN

Zoom granted has the downsides, but the positive elements of yoga, combined with tutelage, and continued sense of community are still all there!

The positive effects cannot be taken away because of our distance—the fruits of our work will always be progress!

To summarize, I'll quote my spouse: "The foundation of our normalcy is and always has been our yoga studies!" –BG

The online classes have been part of keeping me healthy in these challenging times.

I love having the consistency of yoga every week especially when so many other activities are not available.

I was hesitant to try the zoom classes at first, but now I'm grateful for what they add to my covid-confined life, where I need all the flexibility I can get. –CT

This, for the time being, will be how I study and learn my yoga path.

Zoom classes at Friendship Yoga : very strange and very cool. strangest part: not actually being together. coolest part : hearing Nancy say things like "urdhva prasarita eka padasana" and "set up for sirsasana" and all her other words of advice and encouragement and reminders to vote.

I was really hesitant at first and now, super glad to be back. –CF

Fall workshop with Mary and Eddy

Online – November 6-8, 2020

Mary Obendorfer and Eddy Marks have been our guest teachers for the Prairiewoods Retreat eleven times. Many of you have studied with them and know each stands alone as a gifted teacher and that they also work brilliantly together as a team. Since the onset of the pandemic, they too have been working hard to master the challenges of online teaching. Now they are ready to ZOOM into your home studio with new insights and strategies to strengthen your practice and deepen your understanding of Iyengar Yoga.

It has been a tradition at Friendship Yoga to hold a Fall workshop as a way of building up our yoga practice for the dark season. I have most often timed the workshop in November to coincide with the end of daylight savings time. This year I partnering up with IYAUM, our regional Iyengar Yoga Association to offer this learning opportunity to the Friendship Yoga community. I encourage you to

UPDATE!!!

Access to recordings of this workshop will be available to all participants for **14 days**. This will allow those who sign up for the full workshop to catch up if a class was missed, or to repeat a class in order to gain a deeper understanding of the lesson.

become a member of IYAUM in order to receive a discount price for this workshops and for more workshops that they will be offering online in 2021. When you join you will also be member of IYNAUS, which is our national organization. IYNAUS has also been offering some wonderful online educational opportunities this year and more to come in 2021.

See below for more information as to how to register for the upcoming Mary and Eddy workshop. Scholarships are available. Contact nancy@friendshipyoga.com if you have any questions.

MARY & EDDY
Essential Openings
live online

NOVEMBER 2020

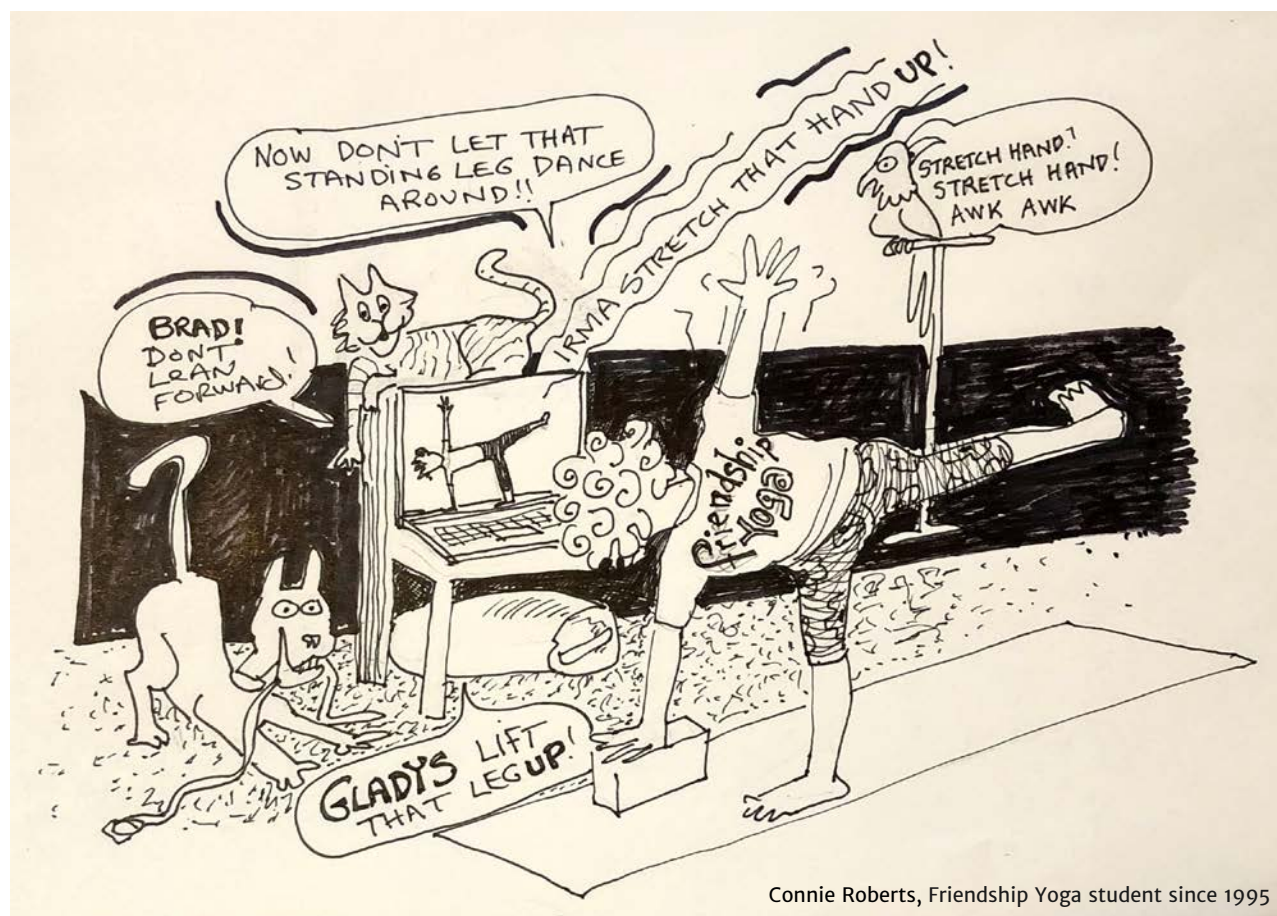
CLASS SCHEDULE (CST)
FRIDAY, NOV. 6 all classes Central Standard Time
6:00pm - 8:00pm Hip- for back extensions \$32
SATURDAY, NOV. 7
10:00am - 12:30pm Knees \$40
3:30pm - 5:30pm Hip & forward extensions \$32
SUNDAY, NOV. 8
10:00am - 12:30pm Shoulders \$40
3:30pm - 5:30pm Padmasana \$32

ALL CLASSES: \$150 IYAUM members/ \$165 non-members
scholarships available! (see site for details)

IYAUM.ORG

Surprising things can happen when one ventures into a workshop. . .

I attended the “Coast-to-Coast” retreat offered by the Iyengar Yoga National Association in July 2020. The 5-day retreat was one of the best things I have done during the pandemic. The virtual retreat gave me a special opportunity to become immersed in yoga and to learn from many senior teachers. After fumbling for three days, I was able to do sirsasana against a wall for the first time ever! ~Jiyeon Kang



Connie Roberts, Friendship Yoga student since 1995

Please support CommUnity, formerly known as the Crisis Center of Johnson County (and our neighbor on Gilbert Ct) with their annual Fall fundraiser to build up a supply of toilet paper in the Food Bank. SNAP, (Food Stamps) recipients are not permitted to use their benefits to purchase toilet paper, so please support CommUnity's efforts to distribute this essential item to their clients. You can donate through their website www.builtbycommunity.org or if you want to purchase a 12-pack on your next shopping trip, please contact builtbycommunity.org/donation to arrange a time for drop off.

Stay well!
Wear a mask.

VOTE!

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