Welcome to Sangha Issue 3. It has been a momentous year so far…
Many challenges to surmount—so lucky that Yoga gives us a toolkit for
overcoming obstacles!

This issue is short and sweet. We want to help you get online and take

**WHAT DO I NEED TO DO TO TAKE CLASS ONLINE?**

- You do not need a lot of props! Teachers are teaching with minimal props, or even no props
- A mat is helpful
- If you want props, you can substitute household items for yoga blocks, straps and blankets. Instead of a block, try using a book. Instead of a strap, try using a belt. Instead of yoga blankets, use bath towels
- Get creative! Guruji did not have a “prop shop” to buy things from… he used regular items from around his home 😊
WHERE CAN I TAKE AN ONLINE CLASS?

We’re glad you asked! Your regular Iyengar studio or centre is likely offering Zoom classes. Check their website.

But here is an exciting fact! IYAHK is offering FREE online classes in both English and Cantonese:

April 30 (Thursday)
11:00-12:00 Icy Lee (Cantonese/廣東話)
12:00-13:00 Aishah Jantan (English)

May 1 (Friday)
10:00-11:00 Karen Lam (Cantonese/廣東話)
11:00-12:00 Arnold Ip (English)

May 2 (Saturday)
15:00-16:00 Kitty Wong (Cantonese/廣東話)

May 3 (Sunday)
12:30-01:30 Fanny Tse (Cantonese/廣東話)

May 4 (Monday)
18:00-19:00 Devika Virmani (English)

May 5 (Tuesday)
18:30-19:30 Anna Odeman (English)

May 6 (Wednesday)
10:00-11:00 Olivia Lee (Cantonese/廣東話)
18:45-19:45 George Dovas (English)