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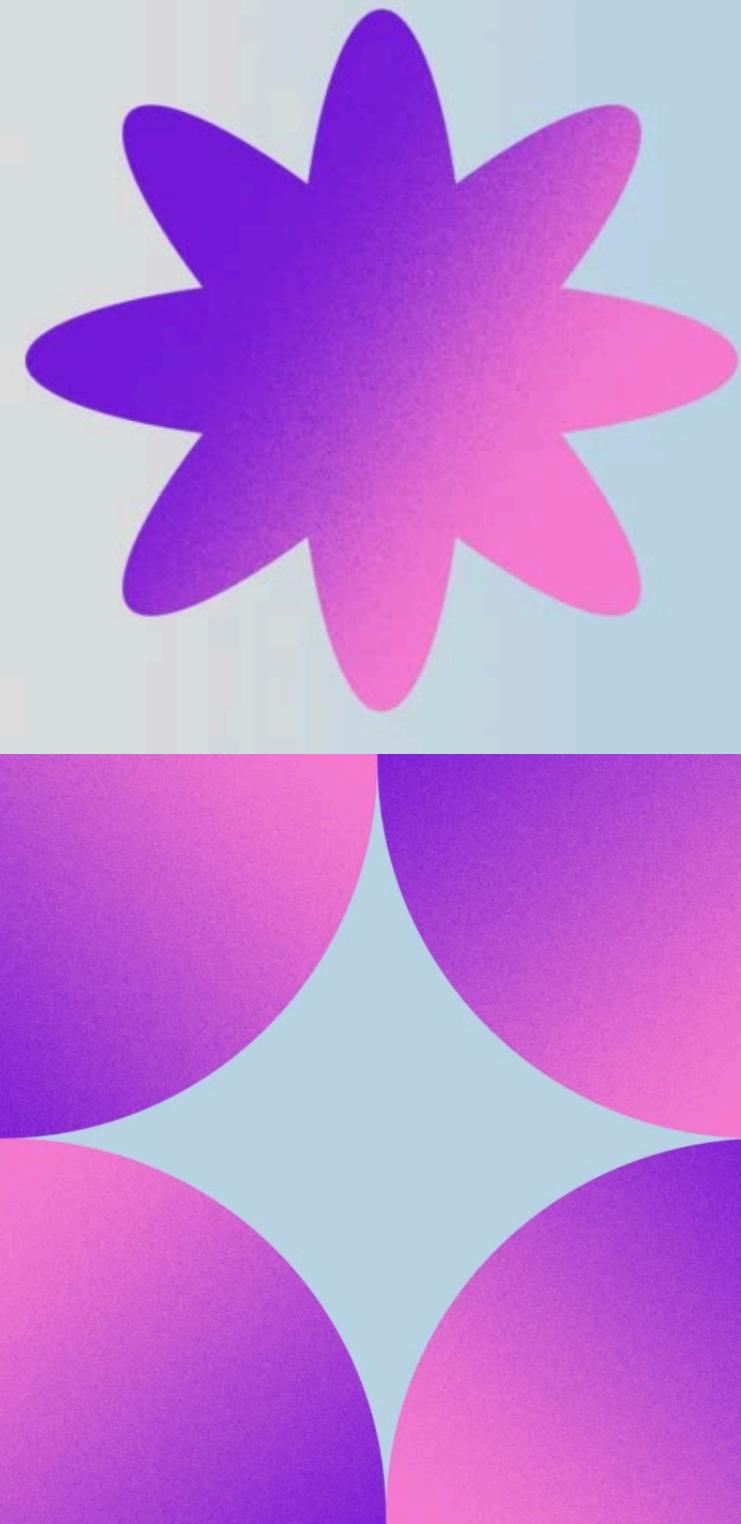


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IYO® INTERNATIONAL YOGA ORGANISATION

STAY CONNECTED TO THE GLOBAL YOGA COMMUNITY: THE IYO® WEEKLY NEWSLETTER

WHETHER YOU ARE A CERTIFIED YOGA TEACHER, A DEDICATED STUDENT, OR A SCHOOL DIRECTOR LOOKING TO KEEP YOUR FINGER ON THE PULSE OF THE INTERNATIONAL YOGA COMMUNITY, STAYING INFORMED IS VITAL. THE IYO® WEEKLY NEWS LETTER, OFFICIALLY PUBLISHED BY THE IYO® INTERNATIONAL YOGA ORGANISATION, IS YOUR PREMIER SOURCE FOR ALL THINGS RELATED TO THE GLOBAL YOGIC NETWORK.



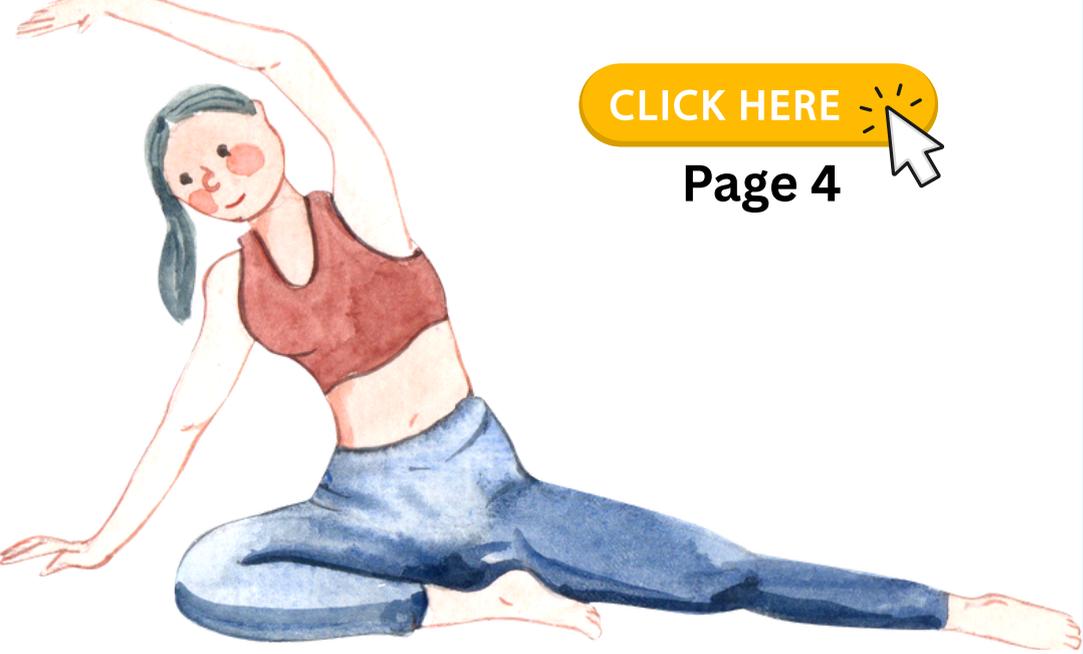


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**RELEASED
EVERY
MONDAY**

RELEASED EVERY MONDAY, THIS COMPREHENSIVE DIGEST IS PERFECTLY TIMED TO SET A POSITIVE FOCUSED INTENTION FOR YOUR WEEK. IT IS CONVENIENTLY ACCESSIBLE DIRECTLY ON THE OFFICIAL IYO® WEBSITE AND IS ALSO AVAILABLE AS A DOWNLOADABLE PDF. THIS ALLOWS YOU TO READ IT ON THE GO, ARCHIVE PAST EDITIONS FOR FUTURE REFERENCE, OR EASILY DISTRIBUTE IT TO YOUR OWN STUDENTS AND STAFF.



What's Inside the IYO® Weekly Newsletter?

Each edition is carefully curated to bring you a balance of educational content, community celebrations, and organizational updates:

What's Inside the IYO® Weekly Newsletter?

Deep Dives into Yoga Knowledge: Expand your practice and teaching methodology. The newsletter regularly features insightful articles on authentic yoga practices (such as Hatha, Ashtanga, and Kundalini), exploring everything from proper asana alignment and pranayama techniques to profound yogic philosophy and anatomy.

Achievements of IYO® Certified Schools: Celebrate the success of the global IYO® family! This section shines a spotlight on the milestones, unique retreats, and inspiring community outreach programs organized by IYO® certified yoga schools worldwide.

Certification Ceremony News: Witness the transformative journeys of newly minted yoga instructors. The newsletter features joyous updates, photos, and stories from recent 100-hour, 200-hour, 300-hour, and 500-hour Yoga Teacher Training Course (YTTC) graduation ceremonies across the globe.

Current Affairs in the IYO® Yoga World: Stay up-to-date with the broader yoga industry. This includes the latest trends, upcoming global events, international workshops, webinars, and important policy or curriculum updates directly from the International Yoga Organisation.



VISIT THE WEBSITE: HEAD OVER TO THE OFFICIAL IYO® WEBSITE EVERY MONDAY MORNING.



HOW TO ACCESS THE NEWSLETTER

READ ONLINE OR DOWNLOAD: READ THE WEB-OPTIMIZED VERSION DIRECTLY ON YOUR BROWSER, OR CLICK THE PDF DOWNLOAD BUTTON TO SAVE A HIGH-QUALITY, FORMATTED COPY TO YOUR DEVICE.



IYO® International Yoga Organisation

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By making this a part of your weekly routine, you ensure that you are always aligned with the highest standards and latest happenings of the international yoga community.

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THE IYO WEEKLY NEWSLETTER!



IYO® International Yoga Organisation

THE TRANSFORMATIVE POWER OF YOGA

30th March 2026–4th April 2026

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WELCOME TO THE IYO WEEKLY NEWSLETTER!

IN TODAY'S FAST-PACED WORLD, FINDING A MOMENT OF STILLNESS CAN FEEL LIKE A LUXURY. YOGA, AN ANCIENT PRACTICE WITH DEEP ROOTS IN HOLISTIC WELLNESS, OFFERS A SANCTUARY FOR BOTH THE MIND AND THE BODY. WHETHER YOU ARE A SEASONED PRACTITIONER OR ROLLING OUT YOUR MAT FOR THE FIRST TIME, UNDERSTANDING THE PROFOUND BENEFITS OF YOGA CAN INSPIRE A LIFELONG JOURNEY OF HEALTH AND HARMONY.

[READ MORE](#)

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PHYSICAL BENEFITS:

Enhanced Strength and Posture

Improved Cardiovascular Health

Better Breathing

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MENTAL AND EMOTIONAL BENEFITS:

#01

**STRESS
REDUCTION**

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#02

**MENTAL CLARITY
AND FOCUS**

[READ MORE](#)

#03

**EMOTIONAL
RESILIENCE**

[READ MORE](#)

ESSENTIAL YOGA ASANAS FOR EVERYDAY WELL-BEING

**TADASANA
(MOUNTAIN
POSE)**

ताडासन



**ADHO MUKHA
SVANASANA
(DOWNWARD-
FACING DOG)**

अधो मुख स्वानासन



**BHUJANGASANA
(COBRA POSE)**

भुजंगासन



**VRIKSHASANA
(TREE POSE)**

वृक्षासन



**SAVASANA
(CORPSE POSE)**

Savasana



[VIEW COMPLETE ROADMAP](#)

IYO® INTERNATIONAL YOGA ORGANISATION

JOIN THE MOVEMENT:

READY TO TRANSFORM YOUR LIFE? ROLL OUT YOUR MAT, START WITH THESE FIVE SIMPLE ASANAS, AND FEEL THE DIFFERENCE. STAY TUNED FOR NEXT MONTH'S IYO NEWSLETTER WHERE WE WILL DIVE INTO THE POWER OF YOGIC BREATHWORK (PRANAYAMA)!

