



**November 2022**  
**IYAUM Board of Directors' Meeting MINUTES**

Date/Time November 12, 2022 // 1:00pm  
Place: Zoom

- Call to Order/Quorum: The meeting was called to order at 1:03pm. A quorum was established for the meeting. Present: Nancy Marcy, Dawn Talbert, Katharine Wood, Shannyn Joy Potter, Nancy Footner, Bethany Valentini, Irene Alderson, Susan Johnson, Pat Harty. (Sean Scott, Chris Saudek, and Hallie Evans join at 2pm for future board members discussion).
- Review of Agenda: Approved
- Consensus Items: September minutes approved.
- Committee Reports

**IYNAUS Update**

- National Update (Susan): New board just met for first time in San Diego to tour 2023 convention site. Gloria Goldberg is new president. Talk of re-branding, new types of national communications.

**Administration/Finance**

- Treasurer's Report (Dawn):
  - Sent P&L Summary and Detail for YTD
  - T-shirts – we have almost broken even and run out of some sizes. All agree to order more to have for Yoga Day and convention. Discussion of getting shirts to Lacrosse and to Nancy F for yoga day – could set up so participants can order a shirt when they register. Dawn will talk to Henry (printer) and email board about options.

**Media**

- Shannyn – working to set up Yoga Day event on website.
- Should we place an ad in 2023 convention program? Yes. What should the theme be? Sankalpa (conference theme) or our Yoga Day theme Out of Darkness, Into the Light. Subcommittee will meet and plan ad – Shannyn, Irene, Nancy F and Joy.
- Shannyn, Katharine, Irene, Dawn, and Mark will meet to plan transition of Wix work.
- Katharine and Shannyn will meet to discuss Wix.
- Newsletter (Irene): tough to get contributors, consider switching frequency to every other month. Still need member profile for December. Nancy M and Nancy F to reach out to potential contributors.

**Education/Events**

- H.S. Arun— Dawn sent final financial report prior to meeting.
- Winter Yoga Day: Teachers: Nancy Marcy and Susan Johnson (Minneapolis); Hallie Evans and Rachel Frazee (LaCrosse) will share teaching hybrid style. Pam Starcher will assist with computer in LaCrosse. Still need assistance in Mpls with refreshments, computer (Zoom), check-in, T-shirt sales, membership, clean up. Will have meeting first, then class, then



refreshments and social time. Discussion on buying media equipment – won't buy a large monitor. Will use existing monitor and have a teacher demo in Mpls when Lacrosse is teaching. Will either purchase clip-on mic or use ones from Mpls Yoga Center. No space rental costs (could make donation to The Yoga Place), no teacher payment, only cost is refreshments in Mpls (Yoga Place doesn't want us to pay for their refreshments). Pricing will be \$15 for non-members and free for IYAUM members.

- Teachers Meeting - Table meeting until next year. How can we encourage teachers to participate in IYAUM (board, newsletter, committee, events)? Build community among CIYTs, emphasize service part of yearly agreement, mentors encourage mentees to serve.
- Future Teachers Update: Nancy M has reached out to many potential teachers. Subcommittee will meet to decide who to invite – Nancy F, Bethany, and a new board member.

### Board Membership for 2023 Discussion: Sean Scott, Hallie Evans and Chris Saudek join.

- Chris will serve as senior advisor. She will not attend all meetings. Ideas: Membership chair could write something up to share with teachers so they can tell their students about IYAUM and how to join. Could offer scholarships for teachers to take Abhijata's classes and write up something for newsletter.
- Sean – newly certified CIYT, lives in Battle Lake, MN. Possibly interested in membership chair role.
- Hallie – certified since 2021, lives in Northeast Iowa. Possible interested in secretary role. Ideas: Could we offer scholarships for convention attendance to teachers?
- IYAUM needs secretary, membership chair, general members, help with events or on committees. Needs majority of board to be CIYTs to be in compliance with our agreement with the Iyengars. Great to have additional help on committees, get people involved who might be future board members.
- Shannyn will set up online voting with bios of potential board members for IYAUM members who can't attend Yoga Day in person and will send an email about board election. Primary voting will be in-person at the meeting at upcoming Yoga Day.
- Other potential board members not in attendance – Katie Nowak (media help?) – Nancy M will reach out to her. Jana and Susan Snyder – Susan will reach out to them.
- Nancy M will follow up with Hallie and Sean about their interest.

Meeting Adjourned 3:03pm.

### **Next steps:**

- T-shirts - Dawn will talk to Henry (printer) and email board about options.
- Convention ad - Subcommittee will meet and plan ad – Shannyn, Irene, Nancy F and Joy.
- Shannyn, Katharine, Irene, Dawn, and Mark will meet to plan transition of Wix work.
- Katharine and Shannyn will meet to discuss Wix.
- Nancy M and Nancy F to reach out to potential December newsletter member contributors.
- Future teachers for events - Subcommittee will meet to decide who to invite
- Winter Yoga Day – Shannyn will finalize website registration.
- Board election - Shannyn will set up online voting with bios of potential board members for IYAUM members who can't attend Yoga Day in person and will send an email with Nancy M about board election.
- Board election - Nancy M will follow up with Hallie and Sean about their interest and Katie Nowak. Susan will reach out to Jana and Susan Snyder.



**Referenced documents:** Arun workshop report, YTD P&L statements (all in box.com under Treasurer, 2022 folder)

**Email motions after meeting:**

**November '22:**

- Nancy M moves that we confirm with Jaki Nett an in-person weekend workshop to take place at a venue within our region in Fall 2023...late September through early October. Motion is approved.
- Board decides not to pursue Arun workshop in 2023.
- Board agrees to order additional t-shirts to sell at Yoga Day, convention, etc.
- Nancy M moves that we formally invite Katie Nowak to serve on the Media and Communications Committee for the 2023 fiscal year. Motion is approved.

**December '22:**

- Nancy F moves that we IYAUM board of directors invite Rebecca Lerner for an online workshop the weekend of March 17-19, 2023. Motion is approved.
- Nancy F moves that the IYAUM board of directors sponsor the 2nd Annual IYAUM retreat at Prairiewoods the weekend June 2-4, 2023. Motion is approved.
- Nancy F moves that we invite Mary Reilly CIYT (intermediate senior 2) Director, North Woods Yoga (Google North Woods Yoga for her full bio) to be our teacher for the 2nd Annual IYAUM Spring Retreat at Prairiewoods in Hiawatha Iowa June 2-4, 2023. Motion is approved.
- Board decides to gift Nancy M and Shannyn flowers and gift cards.