

FINAL REPORT OF THE STREET YOGA PROJECT

SUPPORTED BY A IYAMW COMMUNITY GRANT

It is the end of our season for Street Yoga. I humbly submit a final disclosure of how the grant money has been spent and some highlights of the great things that happened this year on the cul-de-sac, known as Buffstone Court.

We scheduled beginning May 21 and ended lastly on September 10, 2021. Two Fridays were off schedule in August because of personal travel I planned.

\$900. of the grant paid to teachers who led us through 15 scheduled practices. Teachers were paid \$60 each session to teach. \$51.40 Office supplies (Staples), postage, and poster advertisement printing. \$50.00 was paid to Yoga Mala of Bloomington, Indiana, to rent the necessary bricks, blocks, and blankets for Iyengar Yoga. This worked out very well as when Iyengar yoga teachers taught there were adequate props for every Yogi on the street. The Budget exceeded the grant by \$1.40 of which I absorbed.

****Please note there are NO props to pass forward as was discussed as a term of conditions for the grant.**

. . . And now the highlights of Street Yoga for 2021:

Words spread quickly about Street Yoga and so was our participation where we had a low census of yogis at 6 and as many as 23! One of our participating yogis is a local public radio (WFIU from Indiana University) DJ who hosts a regular Friday evening radio program who announces Street Yoga for us on Fridays. We had a Btown Instagram post that also generated interest and participation, and finally the printed posters were circulated widely in the neighborhood and beyond. The best story about the posters is about permission from a local coffee shop known as SOMA Coffee where an employee at the counter asked if leaving a printed poster was ok. The response was they would tape it to the back of the unisex bathroom door. Folks who came to practice were greeted. "How did you hear or find out about Street Yoga? The best response. "I read on the poster at the back of the bathroom door at Soma!"

I enclose with permission from Kristin Varella these words she wrote to share about her experience through yoga this summer.

In March of 2020 my yoga practice at a local studio abruptly ended. I had been a frequent participator in the space and valued the community that rolled out their mats nearly as much as the practice. Due to the pandemic I transitioned to an at-home yoga practice for the first time. My solo practice evolved over the pandemic year, growing okay with a slower pace and more mindfulness.

When I first learned of street yoga in early May I was thrilled to enter into a safe outdoor space and join with others. While both of these were a gift to me, perhaps what was more poignant was the space I cleared each Friday night to show up, and the learning of Iyengar yoga. In that first yoga session I learned that the practice was free, open to all, and teachers were paid fairly through a grant from the Iyengar Yoga Association of the Midwest. Each week as more people gathered and the welcoming community grew, we learned the teachings of B.K.S. Iyengar and were led by skilled yoga teachers. I was then able to take back this experience and weave it into my weekly personal practice, being mindful of my alignment and incorporating poses we had practiced together. I am grateful to have had the opportunity to grow in my understanding of Iyengar yoga, and the witnessing of an Indiana summer unfold before me each week.

Many thanks to the Iyengar Yoga Association of the Midwest for the grant that allowed a diverse group of individuals to grow into a community, witness the changing of seasons, and develop a deeper yoga practice.

-Kristin Varella

These are the final photographs taken at our sunset practice September 10, 2020.
All participants in the photos give permission for sharing.



It is now that I close Street Yoga. As Kristin so beautifully wrote in her letter, "I am grateful to have had the opportunity to grow in my understanding of Iyengar yoga, and the witnessing of an Indiana summer unfold before me each week." Indeed the summer unfolded well and it is in abiding gratitude for IYAMW and grant monies that helped Street Yoga happen.



Peace,
Tony Hirsch

PS - the cutting of the mat liners for street cushioning and protection.

