

**How to register and join:**

**1. IYA website Events**

IYA Events page has the link for the event

IYA Annual Residential Online Congress.  
24th – 25th April 2021.

Cost: €75 for full weekend, €30 for any half day.  
Venue: via Zoom Hosted by Gabi Gillesen Root To Light.

Online Registration with Program.  
Phone bookings contact Monique 087 9033762.

All Events ▾

IYA Events > IYA Online Congress Program

IYA Online Congress Links

**2. IYA Online Congress Program**

The program for the event with links to more information for each session.

Saturday April 24th	
Time	Event
8–8:30am	Meditation with Monique Walsh: Metta Bhavana. <a href="#">Read more &gt;&gt;</a>
9–10:30am	Opening welcome with Michelle Waters. Yoga with Adrienne Crowe. Releasing with Hridaya Granti (heart-energy knots). We will seek a profound release of the upper back through variations on familiar asana, twists and the breath-to-a-movement and movement-to-a-breath of the Viniyoga approach. <a href="#">Read more &gt;&gt;</a>
11:30am–1pm	Workshop: Herbs for wellness with Liz Dwyer. How to use Herbs in Natural Remedies. <a href="#">Read more &gt;&gt;</a>
1–2pm	Break for lunch
2–3:30pm	Workshop: Developing Skills of Eco Perception with Eileen Hutton. <a href="#">Read more &gt;&gt;</a>
4–5:30pm	Somatic Yoga with Katherine Smits. Somatic movement explores existing holding patterns of tension in the body by using slow movement with attention. Somatic movement allows a release of tension by reprogramming the brain. We will experience an undoing, an unfolding and an unwinding of tensions enabling an effortless passage into the internal sensations of different yoga postures. <a href="#">Read more &gt;&gt;</a>
Sunday April 25th	
Time	Event
10am–12:00pm	Restorative Yoga and Pranayama with Colette Lee. This type of yoga restores the body to its parasympathetic nervous system function, which allows the body to rest and heal. Using blankets, bolsters, blocks and other props, it allows you to stay in the asana longer, and allows the breath to deepen which triggers the relaxation response. <a href="#">Read more &gt;&gt;</a>
12–12:30pm	Closing Mantra with Michelle Waters. <a href="#">Read more &gt;&gt;</a>

**3. IYA Online Congress Links**

Here is the zoom meeting data and zoom meeting links.

Program Saturday April 24th

<p><b>IYARS01</b> Meditation with Monique Walsh</p> <p><b>Hosted By:</b> Gabi Gillesen</p> <p><b>Start:</b> Saturday, April 24, 2021 08:00</p> <p><b>Timezone:</b> Europe/Dublin</p> <p><a href="#">See More</a></p>	<p><b>IYARS02</b> Yoga with Adrienne Crowe</p> <p><b>Hosted By:</b> Gabi Gillesen</p> <p><b>Start:</b> Saturday, April 24, 2021 09:00</p> <p><b>Timezone:</b> Europe/Dublin</p> <p><a href="#">See More</a></p>	<p><b>IYARS03</b> Herbs for wellness with Liz Dwyer</p> <p><b>Hosted By:</b> Gabi Gillesen</p> <p><b>Start:</b> Saturday, April 24, 2021 11:30</p> <p><b>Timezone:</b> Europe/Dublin</p> <p><a href="#">See More</a></p>
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Count down timer

Zoom meeting links not visible

. The meeting links are only visible when the user is logged in. See below

Count down timer

Zoom meeting links

#### 4. IYA Online Congress Registration

Participants register on the IYA website, set your user name and password, and have access to your account. Only registered members can access the zoom links and join congress sessions.

My Account

Register

Register for IYA Online Congress

Do you consent to let the IYA use your data for this online congress? The IYA does not share or sell your information. \*

Yes

No

Username \*

van

First Name \*

Van

Last Name \*

Gillissen

Mobile phone

086 389 5579

User Email \*

vanitman@gmail.com

Confirm Email \*

vanitman@gmail.com

User Password \*

\*\*\*\*

Confirm Password \*

\*\*\*\*

My Account

Dashboard Profile Details Change Password Logout

Welcome, van

Van Gillissen  
@van

From your account dashboard you can edit your profile details and edit your password.

Not van? Sign out

User personal data, Change password and Logout

Profile Details

Profile Detail

Upload your new profile image.

Do you consent to let the IYA use your data for this online congress? The IYA does not share or sell your information.\*

First Name\*

Last Name\*

Mobile phone

User Email\*

Save changes

Change Password

Current password

New password

Confirm new password

Save changes

### User logon screen once registered

My Account

Username or email address \*

vanitman@gmail.com

Password \*

Remember me

[Lost your password?](#)

[Not registered yet? Register now.](#)

### 5. IYA Online Congress Payments

Please pay for the event once you have registered; please include your email as reference.

### 6. Zoom meetings

Please keep to the following guidelines for joining congress sessions and using the zoom application.

### 7. IYA Customer support

Phone support is available via WhatsApp, send us a message or ring us if you experience difficulties connecting or registering.



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