

### How to register and join:

### 1. IYA website Events

IYA Events page has the link for the event



#### 2. IYA Online Congress Program

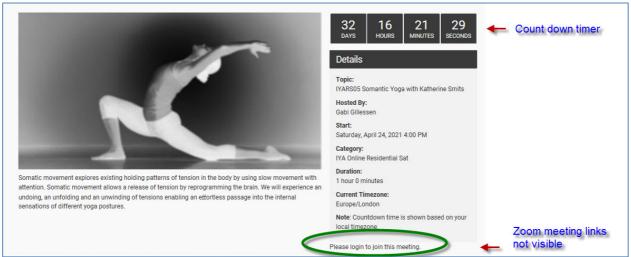
The program for the event with links to more information for each session.

Time	Event
8—8:30am	Meditation with Monique Walsh: Metta Bhavana. Read more >>
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. Read more >>
11:30am—1pm	Workshop: Herbs for wellness with Liz Dwyer. How to use Herbs in Natural Remedies. Read more >>
1—2pm	Break for lunch
2—3:30pm	Workshop: Developing Skills of Eco Perception with Eileen Hutton. Read more >>
4—5:30pm	Somantic 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. Read more >>
Sunday April 25th	
Time	Event
10am—12:00pm	Restorative Yoga and Pranayama with Colette Lee. This type of yoga restores the body to its parasymathetic 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. Read more >>

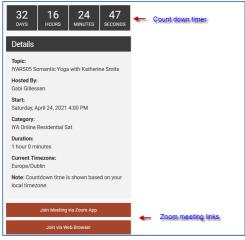
# 3. IYA Online Congress Links

Here is the zoom meeting data and zoom meeting links.





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



# 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

egister 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 *	My Account
Gillessen	
Mobile phone	Dashboard Profile Details Change Password Logout
086 389 5579	
User Email *	Welcome, van
vanitman@gmail.com	
Confirm Email *	
vanitman@gmail.com	
User Password *	Van Gillessen
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Confirm Password *	From your account dashboard you can edit your profile details and edit your password.
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User personal data, Change password and Logout

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086 389 5579		
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New password					
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Confirm new password					
Confirm new password					
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# User logon screen once registered

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vaniumai	n@gmail.com	
Password	•	
••••		
Remen	ber me	
Lost your	password?	
Not regist	ered yet? Register now	1.

# 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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