



FAQs

IYNAUS Convention 2026: Cultivating Freedom

1. Do I have to be a member of IYNAUS to attend the convention?

Yes, this convention is a benefit for IYNAUS members and members of other national associations worldwide. [Become a member of IYNAUS now](#) if you aren't already.

2. Where can I find my IYNAUS ID?

Go to iynaus.org. Select 'Member Login' from the top menu. You may have to reset your password if you have forgotten it. Log in to your IYNAUS member account and navigate to 'My Page'. Your IYNAUS ID is at the top of the page. If you belong to another association, please name which one.

3. Will a Livestream option be available?

Yes, online registration for the General Sessions will launch on October 15. The cost will be the same and include all of the daily General Sessions (9 total). Online registration does not include the Bonus Sessions (4 total), which will be conducted in person only.

4. What is the Cancellation Policy?

Until January 31, 2026: \$250 non-refundable deposit.

From February 1 to April 15: \$450 non-refundable deposit.

No Refunds After April 15.

5. What is the price of the IYNAUS Convention 2026?

Exclusive Discount pricing is available NOW for in-person participants until July 31, 2025

Option 1: General Sessions: \$750

Payment plan by installment is available with a \$250 non-refundable deposit. The second payment is due on October 31, 2025, and the final payment is due on January 31, 2026.

Option 2: General Sessions + \$50 Bonus Sessions for CIYTs & Aspiring Teachers (in-person only): \$800

Payment plan by installment is available with a \$250 non-refundable deposit. The second payment is due on October 31, 2025, and the final payment is due on January 31, 2026.

Early bird pricing August 1, 2025, through October 31, 2025:

Option 1: General Sessions in person or livestream: \$800

Payment plan by installment is available with a \$250 non-refundable deposit. Full payment is due by January 31, 2026.

Option 2: General Sessions + \$100 Bonus Sessions for CIYTs & Aspiring Teachers (in-person only): \$900

Payment plan by installment is available with a \$250 non-refundable deposit. Full payment is due by January 31, 2026.

Regular pricing is available from November 1, 2025, through April 1, 2026:

Option 1: General Sessions in person or livestream: \$900

No installment plan available.

Option 2: General Sessions + \$150 Bonus Sessions for CIYTs and Aspiring Teachers (in-person only): \$1050

No installment plan available.

An Additional Surcharge of \$100 will apply to registrations made after April 1, 2026. \$150 after May 15, 2026.

6. Can I pay in installments?

Yes, use the special code IC26 when paying for the General Sessions only, or IC26B to add the additional bonus teacher sessions to pay in installments. Due dates are above in FAQ #5. The installment option closes on September 30, 2025.

7. How much experience do participants need to have?

1 year of Iyengar Yoga experience.

8. What are the room prices at the Philadelphia Marriott Downtown?

\$219 per night for a room with two queen beds. Up to 5 guests per room - (you can request an additional cot).

9. What is the expected schedule?

Friday, May 22:

Arrival, Registration, Prop Kit Pick Up

Saturday, May 23 - Tuesday, May 26:

Starting at 9:00 a.m., 2 General Sessions are included
1 Bonus Session for CIYTs and Aspiring Teachers available for an additional fee each Day (these sessions are in-person only)

Tuesday, May 26 Evening:

Special Events, including entertainment and dessert

Wednesday, May 27 Morning:

Final General Session, 9:00 a.m. - 12:00 p.m., and Goodbyes

10. What is included in the prop kit, what is its cost, and where can I pick it up?

1 zippered bag, 2 Pune blankets, 2 narrow foam platforms, 1 belt, 1 double buckle belt, 1 block - \$240.00. Bring your mat or purchase one onsite. Prop kits will be distributed to those who ordered on-site on Friday, May 22. Shipping and handling will incur additional charges for anyone requiring the prop kit to be delivered to their home.

11. If I have already registered for the IYNAUS Convention 2026, can I still purchase a prop kit?

Yes, prop kits can be purchased at any time at the IYNAUS store.

12. How do I order an IYNAUS Convention 2026 T-shirt?

More T-shirt designs will be available leading up to the convention. Stay tuned. When they are available, they will be posted on the eblasts and on the website.

13. How can I take care of myself at the convention if I have specific needs?

We will have large wooden props and additional supports, such as extra blankets, chairs, belts, blocks, and bolsters, as well as a designated area with assistants available for those who may need support and assistance.

14. Is needs-based assistance available?

Yes! The IYNAUS Board is making funds available to each region, which may also have regional funds earmarked. Contact your region directly for assistance. If you are unsure where to start, each region's board representative is on the IYNAUS website under the Board & Staff tab.