

IYNAUS Convention 2026

Abhijata Tyengar



Practice. Study. Learn. Together.

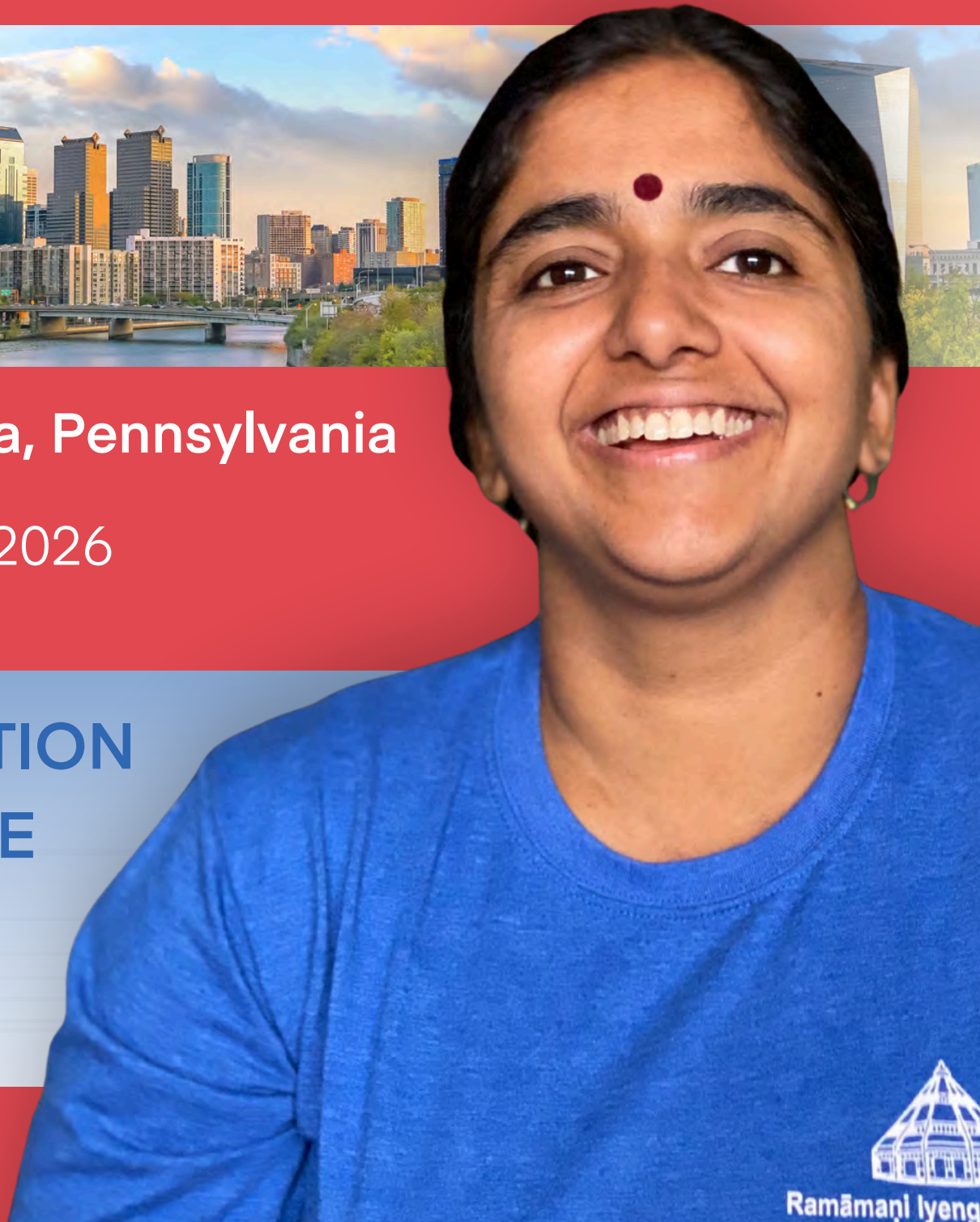


Philadelphia, Pennsylvania

May 22-27, 2026

CONVENTION
WELCOME
GUIDE

In-Person



Ramāmaṅḷi Iyengar

Welcome to IYNAUS Convention 2026

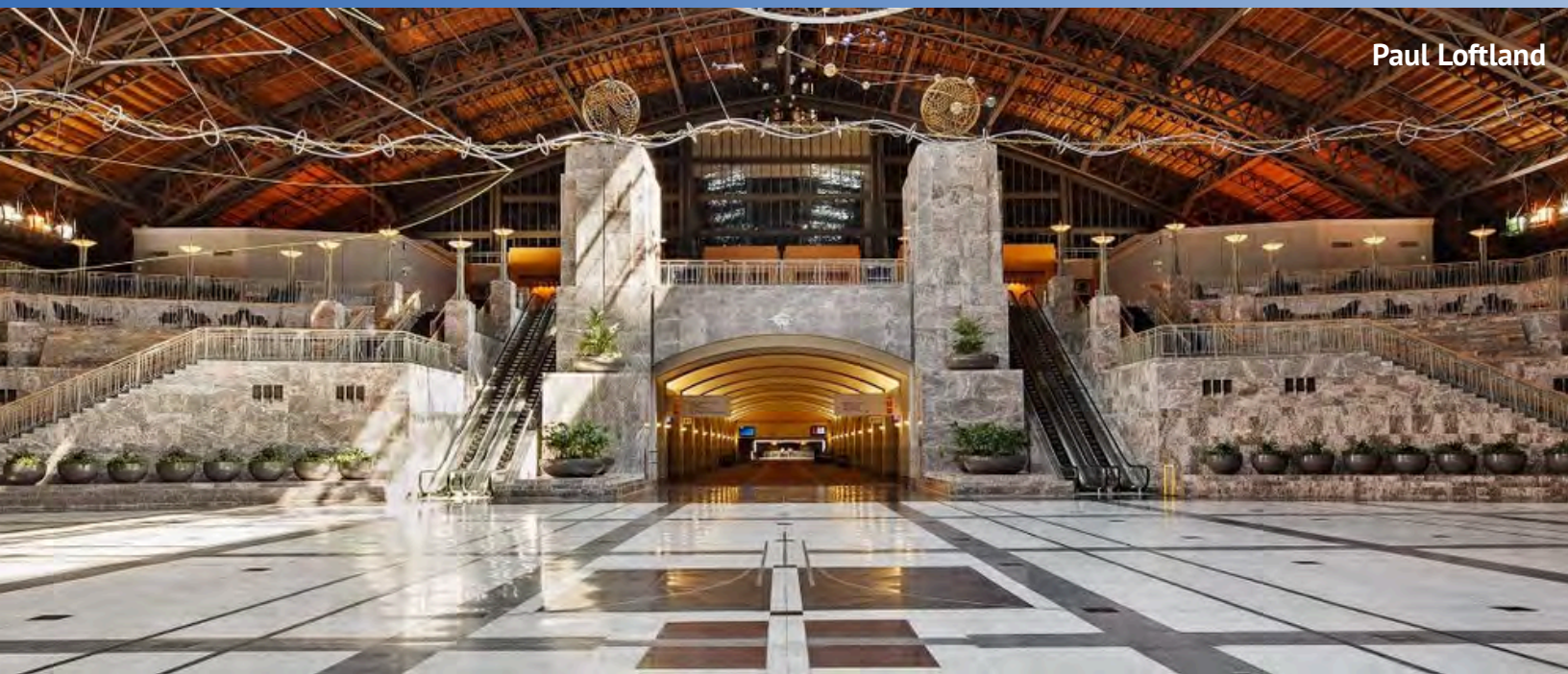


We are thrilled to be gathering together in Philadelphia for shared study, practice, and community this May. This convention is an opportunity for us to deepen our practice with Abhijata's guidance, reconnect with ourselves, make new friends, and take part in our living lineage that continues to evolve through each of us.

Check-In: Friday, May 22

Check in when you arrive. Registration will be located in the Grand Hall of the Pennsylvania Convention Center, adjacent to the Marriott via a skybridge. Check-in ensures you receive your name badge, magazine, and prop kit if you ordered one. If you notice any errors or are missing materials, we will be happy to assist you.

The marketplace will be open from 11 a.m. -7 p.m. on Friday. Come and visit our wonderful vendors and enjoy a light snack and chai in the marketplace.



Paul Loftland

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Bring your own sticky mat or
buy one at the convention



Great grip. Earth-friendly.

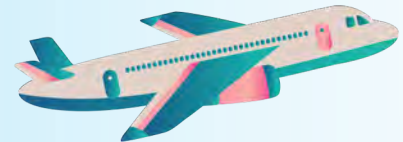
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www.jadeyoga.com

TRANSPORTATION

Getting There

Philadelphia is easily accessible **by car, train, bus, and plane**. Located between New York City and Washington, D.C., [Click here for parking information near the venue](#). Major bus lines, Philadelphia International Airport (PHL), and Amtrak to the 30th Street Station offer numerous options for arrival. **Our venue is The Pennsylvania Convention Center.**

It's easy to go from Philadelphia International Airport to the Pennsylvania Convention Center via SEPTA's Airport Line. Airport Line service runs seven days a week, between 5 a.m. and midnight. Or, take any SEPTA Regional Rail Line to Jefferson Station (formerly Market East), the L to 11th Street, the B to City Hall, or T to 13th Street. Bus Routes 4, 16, 17, 23, 33, 38, 44, 45, 48, 124 & 125 also get you close.



Getting Around Philadelphia

Getting around Philadelphia is simple, whether you're **walking, biking, taking public transit, or using rideshare**. Voted the most walkable city for visitors in the U.S., Philadelphia also offers a robust bike-share system (Indego), dedicated bike lanes, and hundreds of miles of trails. SEPTA buses, trains, and trolleys connect all major neighborhoods and attractions, making it easy to explore without a car.

SCHEDULE

Friday, May 22

Arrival, Registration, Prop Kit Pick Up – 11 a.m. – 7 p.m. - Grand Hall
Marketplace – 11 a.m. – 7 p.m. - 204BC

Saturday, 23 - Tuesday, May 26

Registration – 7 – 8:30 a.m. - Grand Hall
Saturday ONLY – Opening Puja - 8:45 – 9 a.m. - Ballroom AB
General Session 1 – 9 – 11 a.m. - Ballroom AB
General Session 2 – 1:45 – 3:45 p.m. - Ballroom AB
Bonus Session – 4:15 – 6:15 p.m. - Ballroom AB

Wednesday, May 27

Final General Session, 9 a.m. – Noon - Ballroom AB

Marketplace (Room 204BC) Hours:

Friday – 11 a.m. – 7 p.m.
Saturday – Tuesday – 7:45 – 8:45 a.m. / 11:15 a.m. – 1:30 p.m.
Evening Hours:
Saturday – 6:30 – 7:30 p.m.
Sunday – 4:00 – 7:30 p.m.
Monday – 6:30 – 7:30 p.m.
Tuesday – 4:00 – 7:00 p.m.

Archives (Room 204A) Hours:

Saturday – Tuesday – 7:45 – 8:45 a.m. / 11:15 a.m. – 1:30 p.m.
Evening Hours:
Saturday – 4 – 6 p.m.
Sunday – 4 – 7:30 p.m.
Monday – 6:30 – 7:30 p.m.
Tuesday – 4 – 7 p.m.

And More:

Regional Photos and Meetups – Monday, 11:15 a.m. – 1:30 p.m.
Buffet and Variety Show – Tuesday, 7:15 – 9:00 p.m.

Schedule is subject to change



Bring your own mat

and the equivalent of the following if bringing your own props:

- 2 blankets
- 2 shoulder stand foam platforms (usually an extra blanket for 3-4 total will suffice)
- 1 double buckle belt
- 1 single buckle belt (or 2 single buckle belts)
- 1 brick



Pick up your pre-ordered prop kits provided by:



Pre-ordered prop kits will be distributed at the convention check-in.



There is a secure room on site to store props when not in session and overnight.

Bonus Sessions with Abhijata



Practice. Study. Learn. Together.

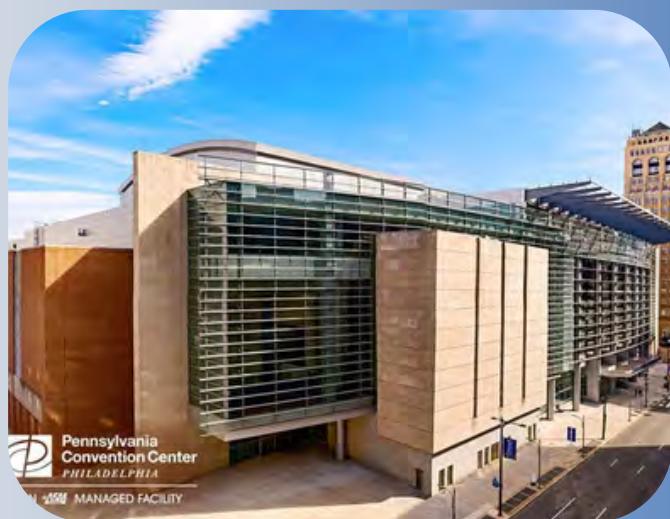
Abhijata will offer bonus sessions for Certified Iyengar Yoga Teachers and aspiring CIYTs. And, she has made it clear that all are welcome to register for these additional sessions, even if you are not a teacher.

Conducted in-person only

Saturday - Tuesday
4:15-6:15pm



Our Venue: PA CONVENTION CENTER



The Pennsylvania Convention Center opened in 1993 and underwent a major expansion in 2011. Located in downtown Philadelphia, it is surrounded by hundreds of restaurants, shops, historical landmarks, and cultural institutions. Visitors will have the opportunity to enjoy the city's rich cultural and culinary experiences.

[click here](#)

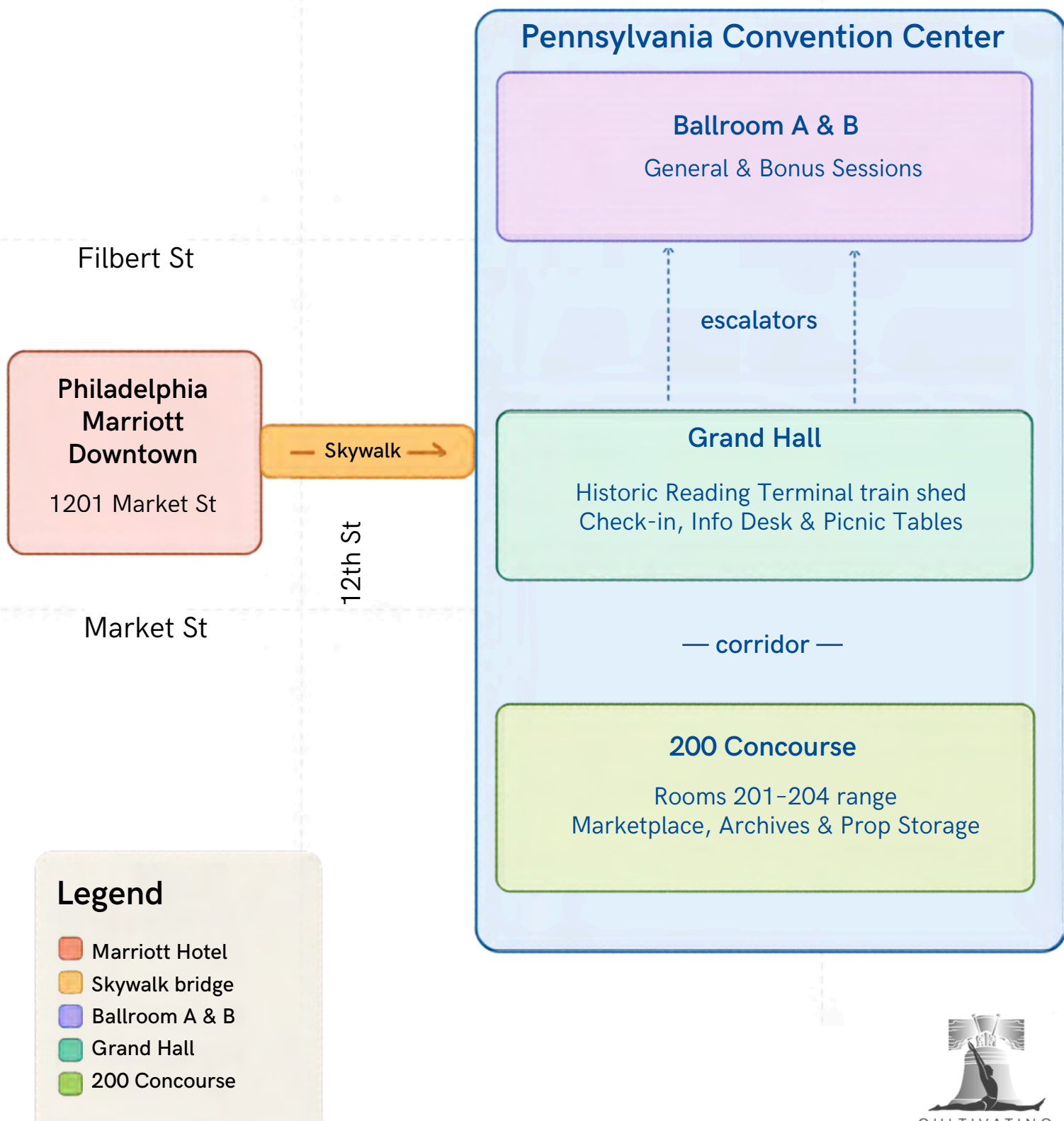
Arrival: Friday, May 22, 11 a.m.- 7 p.m.

**Pennsylvania Convention Center
Grand Hall & 200 Concourse**

Pre-ordered prop kits and your Convention Magazine
will be available at check-in

(Saturday morning check-in from 7:30 - 8:30 am for late arrivals)

Marriott ↗ Pennsylvania Convention Center via Skywalk



What to pack - a checklist

- Yoga clothing suitable for long practice days
- A light shawl, sweater, or hoodie for the ballroom
- Your yoga mat
- Personal props you rely on (remember the prop kit does not include a mat)
- A notebook or journal and pen for reflections and notes
- Refillable water bottle
- Comfortable shoes for walking between sessions
- **Anything else you may need**



ACCOMMODATION

The [Philadelphia Marriott Downtown](#) is adjacent to our event venue, the Pennsylvania Convention Center. Easily access major attractions, including the Liberty Bell, Independence Hall, and the historic Old City. It's a short walk to vibrant neighborhoods, world-class museums, and renowned dining spots after class.

Overflow rooms are available at the [Sonesta Rittenhouse Square.](#)

Staying at either hotel plays a key role in supporting IYNAUS and the success of our Convention!





**Chai & snacks
each afternoon!**

Marketplace

Discover the Marketplace and shop for goods from vendors who support the Iyengar Yoga community.

The Marketplace will be open:

Friday 11 a.m. - 7 p.m.

Saturday - Tuesday morning and afternoon

7:45 - 8:45 a.m. and 11:15 a.m. - 1:30 p.m.

Evening hours

Saturday and Monday 6:30 - 7:30 p.m.

Sunday 4 - 7:30 p.m.

Tuesday 4- 7:00 p.m.



IYNAUS Archives Exhibit



Visit the archives and enter a daily drawing for the IYNAUS store.

The archives space is designed as an immersive environment for engaging with the teachings and history of Iyengar Yoga over the last 50 years, from 1976 when B.K.S. Iyengar first visited Philadelphia, until now.

Content includes archival photos, engaging videos, meaningful articles, inspiring quotes, photo albums, hand-written notebooks, and a visual timeline focused on:

- Cultivating freedom
- Events, tours, and teachings (1976–2026)
- Contributions from the northeast region



Light Fare & Variety Show

Tuesday, May 26, 7:15 p.m.

On our last night together, enjoy light fare and desserts in the Grand Hall followed by a Variety Show, featuring various members of the Iyengar Yoga community performing live music, dance, and of course, yoga.

Shishya School of Performing Arts (New Jersey)

Led by Sukanya Mahadevan, this troupe presents a newly created piece that weaves yoga asana into traditional Indian dance.

David Rubeo & Yuval Boim with Dmitri Shapira

Yoga duel with "Dueling Banjos" on guitar

Christopher Briney

Original song about Iyengar Yoga

Jaki Nett

Poem recitation: "Sisters"

Gabe Pickard

Performance Art: Movement within Stillness

Wanjira Makena

Original song centered around the convention theme

& more



CULTIVATING
FREEDOM
IYNAUS 2026 PHILADELPHIA



“Yoga is not for the individual *alone*
it is for the good of *all* ”

— Geeta S. Iyengar

This convention, from early planning to the present moment, has been made possible through the generosity of volunteers who have given their time, attention, energy, and skills.

THANK YOU, IYNAUS Convention 2026 volunteers! And we thank your family members for sharing you with us, making this all possible.

Volunteering is a meaningful way to serve our community, connect to new people within it, and apply and develop your skills.

Contact volunteer@iynaus.org for more information



CULTIVATING
FREEDOM
IYNAUS 2026 PHILADELPHIA

IYNAUS Convention 2026

Where and What to Eat

There are several dining options within the Philadelphia Downtown Marriott, as well as a daily concession stand, Pessaro's, located inside the Exhibit Hall concourse of the Pennsylvania Convention Center. When you want to have an abundance of options, go across the street to:

Reading Terminal Market

1136 Arch Street, right across the street from the Marriott hotel and one block from the Convention Center. Open daily from 8 a.m. - 6 p.m. (closed on Monday, May 26, Memorial Day). The Market has many food vendors, some of which have vegan and vegetarian offerings, including Luhv Deli (vegan). The Market also has produce vendors for fresh fruits and veggies. It's a unique and wonderful spot, great for breakfast, lunch, and an early dinner. Also great for picking up ingredients for preparation and consumption in hotel rooms, Airbnbs, etc.

You may bring your lunch back and enjoy a bite at the tables inside the Grand Hall, across from registration and info/help desk.

Vegan Restaurants

Vedge

1221 Locust Street, about a 10-minute walk from the Convention Center
Serves dinner Tuesday - Saturday starting at 5 p.m. No lunch service.
* Will require advanced reservations. Please review the reservation policy.

Pietramala

614 North 2nd Street, about 10 blocks from the Convention Center/a 20-30 minute walk
Serves dinner Tuesday - Saturday starting at 5 p.m. No lunch service.
* Will require advanced reservations. Please review the reservation policy.

Tomo Sushi and Ramen Bar

(specializes in vegan dishes) 228 Arch Street, about 10 blocks from the Convention Center/a 20-30 minute walk
Tuesday-Thursday and Sunday from 3 - 9 p.m., Friday and Saturday from 3 - 10:30 p.m. Closed on Monday.

Bar Bombon

133 S. 18th Street, about 6 blocks from the Convention Center/a 15-20 minute walk.
From the website: "Building on our Old San Juan roots, we bring Latin flavors to Philadelphia.

From midday to late-night cafe, corcina to corazon — all is veg-based and love-based."

Monday and Tuesday, 5 - 9 p.m.

Wednesday 5 - 10 p.m.

Thursday 11:30 a.m. - 10 p.m.

Friday 11:30 a.m. - 11 p.m.

Saturday 11:30 a.m. - 11 p.m.

Sunday 11 a.m. - 9 p.m.

Brunch on Saturday and Sunday from 11 a.m. - 3 p.m.

Fitz on 4th Vegan Tapas and Cocktails

743 S. 4th Street, about a 30-minute walk from the Convention Center or a 15-minute drive, opens Saturday and Sunday at 12 p.m.

Closed on Monday

Tuesday through Friday, opens at 4 p.m.



Monster Vegan

"Classic Horror and Killer Cuisine"

1229 Spruce Street, about a 10-minute walk from the Convention Center

Closed on Sunday

Monday and Tuesday 5 - 9 p.m.

Wednesday and Thursday 9 a.m. - 10 p.m.

Friday and Saturday 9 a.m. - 11 p.m.

Asian Restaurants

Philly's Chinatown is just around the corner from the Convention Center, so there are lots of

Vietnam *Asian restaurants to explore!*

221 North 11th Street, just one block from the Convention Center

Sunday 11:30 a.m. - 8 p.m.

Closed on Monday

Tuesday - Saturday 11:30 a.m. - 8 p.m.

Sampan

124 S. 13th Street, about a 10-minute walk from the Convention Center

Sunday - Tuesday 4 - 10 p.m.

Wednesday and Thursday 4 - 11 p.m.

Friday and Saturday 4 p.m. - midnight

Ba Le Deli & Bakery

Known for their Bánh Mì sandwiches

606 Washington Avenue (South Philadelphia)

25 minutes by public transit, 40 minutes walking, 15 minutes by car.

Kalaya

A delicious, special Thai restaurant.

4 West Palmer Street

Sunday - Thursday 5 - 10 p.m.

Friday and Saturday 5 - 11 p.m.

Saturday and Sunday 11 a.m. - 2 p.m.

* Will require advanced reservations. Please review the reservation policy.

Buddakan

325 Chestnut Street, about a 15-minute drive or a 30-minute walk from the Convention Center

Monday - Thursday 5 - 10 p.m.

Friday & Saturday 5 - 11 p.m.

Sunday 4 - 10 p.m.

* Will require advanced reservations. Please review the reservation policy.

Morimoto

723 Chestnut Street, about a 10-minute drive or a 25-minute walk from the Convention Center

Sunday - Thursday 5 - 10 p.m.

Friday - Saturday 5 - 11 p.m.

* Will require advanced reservations. Please review the reservation policy.



Indian Restaurants

Thanal Indian Cuisine

1939 Arch Street; 7 blocks from the Convention Center
Monday - Thursday 11:30 a.m.- 2:30 p.m.; 5 - 10 p.m.
Friday and Saturday 11:30 a.m. - 2:30 p.m.; 5 - 11 p.m.
Sunday 11:30 a.m. - 3 p.m.

Veda Modern Indian Bistro

1920 Chestnut Street; about 10 blocks from the Convention Center
Lunch: Monday - Friday 11:30 a.m. - 2:30 p.m.
Dinner: Sunday - Thursday 4:30 - 9:30 p.m.
Friday & Saturday 4:30 - 10 p.m.
Weekend Buffet: Saturday - Sunday 11:30 a.m. - 2:30 p.m.

Amma's South Indian Cuisine

1500 Walnut Street; 8 blocks from the Convention Center
Monday - Thursday 11 a.m. - 9:45 p.m.
Friday & Saturday 11 a.m. - 10:15 p.m.
Sunday 11 a.m. - 9:45 p.m.

Ethiopian Restaurants

West Philadelphia has many wonderful Ethiopian restaurants. A couple of them are listed below. West Philadelphia is about a 20-minute car or Uber ride from the Convention Center and about 30 minutes via public transportation.

Buna Cafe

5121 Baltimore Avenue
Closed on Mondays and Tuesdays
Wednesday - Friday 1 - 9 p.m.
Saturday & Sunday 10 a.m. - 9 p.m.

Abyssinia Ethiopian Restaurant

229 S. 45th Street
Open Monday - Friday 10 a.m. - 12 a.m. (midnight)



Italian Restaurants

“South Philly” is famous for the Italian Market (think Rocky!) and many fabulous Italian and other restaurants. This area of the city is about a 15 minute car ride from the Convention Center. It’s nice to walk there on a beautiful day!

Burrata Philly

1247 South 13th Street, about a 20-minute drive from the Convention Center

Dinner only; no lunch service

Pizzeria Stella

420 S. 2nd Street, about 12 blocks from the Convention Center

Open for pickup, delivery, indoor & outdoor dining

Monday - Sunday 12 - 10 p.m.

Mexican Restaurants

El Vez

121 S. 13th Street, about a 10-minute walk from the Convention Center

Monday - Thursday 11:30 a.m. - 4 p.m. (lunch); 4 - 10 p.m. (dinner)

Friday 11:30 a.m. - 4 p.m. (lunch); 4 - 11. p.m. (dinner)

Saturday 11 a.m. - 3 p.m. (brunch); 3 -11 p.m. (dinner)

Sunday 11 a.m. - 3 p.m. (brunch); 3 - 10 p.m. (dinner)

South Philly Barbacoa

1134 S. 9th Street — in the heart of South Philly, about a 15-minute car ride from the Convention Center

*Cash only; no reservations

Sunday 6 a.m. - 9 p.m.

Monday 9 a.m. - 9 p.m.

Tuesday 10 a.m.- 9 p.m.

Wednesday 10 a.m. - 9 p.m.

Thursday 10 a.m. - 9 p.m.

Friday 9 a.m. - 10 p.m.

Saturday 6 a.m. - 10 p.m.

* *Will require advanced reservations. Please review the reservation policy.*

Taco Heart

1001 East Passayunk Avenue — about a 15-minute car ride from the Convention Center. Lunch only Saturday and Sunday, 8 a.m. - 3 p.m.

Closed on Monday

Tuesday - Friday 7:30 a.m. - 2 p.m.



Mediterranean & Israeli Restaurants

Barbuzzo

110 S. 13th Street — about a 5-10 minute walk from the Convention Center
Monday - Thursday 5 - 10 p.m.

Friday 5 - 11 p.m.

Saturday 4 - 11 p.m.

Sunday 4 - 10 p.m.

Lunch Saturday and Sunday 12 - 4 p.m.

* Will require advanced reservations. Please review the reservation policy.

Suraya

1528 Frankford Avenue, about a 20-minute car ride from the Convention Center

Lunch: Wednesday - Friday 11 a.m. - 2 p.m.

Bruch: Saturday and Sunday 11 a.m. - 2 p.m.

Dinner: Sunday - Thursday 5 p.m. - 10 p.m.; Friday & Saturday 5 -11 p.m.

* Will require advanced reservations. Please review the reservation policy.

Sakartvelo

705 Chestnut Street

Monday - Closed

Tuesday - Thursday 11 a.m. - 9 p.m.

Friday and Saturday 11 a.m. - 10 p.m.

Sunday 11 a.m. - 8 p.m.

Zahav

237 St. James Place, about a 15-minute car ride from the Convention Center

Tuesday - Saturday 5 - 9:30 p.m.

* Will require advanced reservations. Please review the reservation policy.

Laser Wolf

1301 N. Howard Street, about a 20-minute car ride from the Convention Center

Open 7 days/week from 5 - 10 p.m.

* Will require advanced reservations. Please review the reservation policy.

Belgian Restaurant

Monk's Cafe

264 S. 16th Street, about a 15-minute walk from the Convention Center

Monday 5 - 11 p.m.

Tuesday - Sunday opens at 11:30 a.m.



Contact



convention2026@iynaus.org



[Share pictures and videos! Tag @iynaus](#)



<https://iynaus.org/convention-2026-home/>



[Frequently asked questions](#)

Connect

Join the community
WhatsApp group:

- Announcements
- Room Sharing
- Ride Sharing
- Meetups
- & More



SCAN ME!

