

ASOCIACIÓN MEXICANA DE YOGA IYENGAR A.C.

Atenas 1-1 interior Oficina B, col. San Álvaro, Alcaldía Azcapotzalco, CDMX. CP 02090
RFC: AMY080922HLS

consejoejecutivo@amyi.org.mx

www.amyi.org.mx



Welcome Letter – Workshop with Abhijata Sridhar Iyengar

The Mexican Iyengar Yoga Association A.C. warmly welcomes you to the workshop with Abhijata, which will take place at the Holiday Inn Trade Center Hotel in Mexico City, from May 13 to 17, 2026.

Please read this information carefully, as it contains the logistics you will need to follow during the event.

If you have any questions or concerns, the organizing team will be happy to assist you. You can easily recognize us by our light green event t-shirts.

Before your arrival

Plan your trip in advance, as Mexico City has heavy traffic. Avoid arriving late by researching your route and transportation options beforehand. The hotel has parking available.

Lodging

- Hotel check-in is from 1:00 PM to 2:00 PM.
 - Please have your reservation number ready.
 - If you arrive before check-in or are late, you can store your luggage at reception and complete your check-in later.
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Registration

- Starts at 1:30 PM.
- Line up according to the first letter of your last name.
- Bring a valid photo ID.
- You will be given a wristband that you must wear throughout the event.
- You will receive a commemorative t-shirt (wear it on Thursday for the group photo).
- If you rented props, you can register there.



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Required Props

- 1 mat
 - 2 blocks
 - Sarvangasana supports (bases or blankets)
 - 1 strap
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Props Rental

- Go to the designated props area.
 - You will be given a kit; please leave your ID as a guarantee.
 - You must return the kit complete at the end of the event; otherwise, you will be charged for any missing items.
 - If you rented props, you can register there.
-

Areas Location

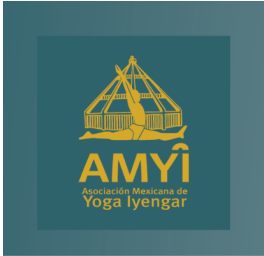
Identify the marked areas:

- Classroom
- Shoe racks
- Lunch area
- Restrooms
- Market
- Group photo area
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This will help you follow the program smoothly.

Lunch

- Lunch will be a vegetarian buffet.
 - Screens displaying the schedule will be at the entrance to the hall.
 - Please respect the schedules established in the program.
<https://www.amyi.org.mx/abhijata-iyengar-2026/> There will be screens with the schedules at the entrance to the hall.
-



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Group Photo

- It will take place on Thursday the 14th, after the first class and before lunch.
 - Please locate the meeting place beforehand to expedite the activity.
 - Bring your commemorative t-shirt.
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Classroom

- Leave your shoes on the designated tables before entering.
 - Access will be 20 minutes before each session (first day from 14:30 hrs).
 - Respect the assigned spaces.
 - Be punctual (arrive at least 15 minutes before class) and turn off your cell phone.
 - When Abhijata enters, sit in your place in silence.
 - Taking photos or recordings is not permitted, except for the designated person.
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Registration for special session for teachers

There will be a special session with Abhijata for certified Iyengar teachers and Iyengar mentees.

Confirm your attendance by sending an email to:

comiteevaluacion@ami.org.mx If you are in a mentoring program, mention who your mentor is.

During the workshop

- Keep your prop kit organized.
 - At the end of each session, place it at the edge of the room.
 - Don't forget personal belongings; the hotel is not responsible for lost items.
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Our goal is to provide you with everything you need to fully enjoy this experience.

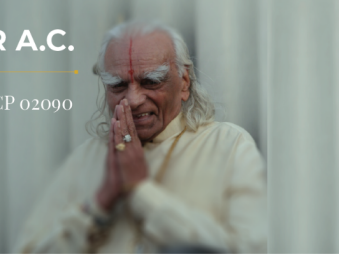


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If you have any questions, we'll be happy to help.

Sincerely,

Asociación de Yoga Iyengar México.