

Laura Plofchan of Ocean Ridge, FL. I have been CIYT since October 2019. I currently teach Iyengar Yoga in a variety of places: my home to friends and neighbors, iYoga Delray Beach, and The Ocean Club of Florida. I also helped plan and coordinate the Iyengar Yoga Festival Miami in February 2021 and teach workshops alongside Mariana Scotti, President of IYASE, here in Palm Beach County and down in Miami Shores.

What's your favorite pose to teach and why?

I love to teach backbends especially those with the support of the chair. I enjoy watching the process that my students go through. First in the preparation of releasing the groins, stabilizing the pelvis, elongating the side body, and strengthening shoulders and upper back. When they actually find themselves into poses like: dhanurasana, chair viparita dandasana, and urdhva dhanurasana ... it all comes together. I ask my students "Did you see God?"

What part of yoga philosophy is most meaningful for you now?

*"Perfection is achieved when the effort to perform it becomes effortless and the infinite being within is reached."*

Sutra 2.42 translation by BKS Iyengar

I love the phrase **effortless effort** ... meaning perfection is about doing and at the same time not doing ... It's about practicing with an intention and at the same time detaching from the end result. Each of us has the potential for perfection in the pose when we remain centered in our core, extending outward and penetrating inward. BKS Iyengar describes in his book Light on Life .. a cat as the master of stretching and the master of relaxation ... lightness.

What's different about yoga in Southeast Florida?

There is a great Southeast Florida Community of Iyengar Yoga. So many opportunities to have great instruction by many talented teachers. I am fortunate to be part of this community of like-minded individuals with a diverse background. Since I came to Florida from Nebraska ... I adjusted to do the seasonal nature of people to the area (late fall to late spring when the weather is ideal) .... Zoom has changed some of this ... but I embrace the change of seasons ... as I did in Nebraska - it is just different but that's ok!

My Hybrid Teaching Schedule:

|                |                |                                      |                                                                                   |
|----------------|----------------|--------------------------------------|-----------------------------------------------------------------------------------|
| <b>Monday</b>  | <b>10:00AM</b> | <b>General Level 2</b>               | <a href="#"><u>iYoga Delray Beach   Iyengar Yoga in Delray Beach, FLorida</u></a> |
| <b>Tuesday</b> | <b>8:30AM</b>  | <b>Power Hour</b>                    | <b>*Inlet Cay Yoga</b>                                                            |
|                | <b>10:00AM</b> | <b>Not your Granny's Chair Class</b> | <a href="#"><u>iYoga Delray Beach   Iyengar Yoga in Delray Beach, FLorida</u></a> |
| <b>Friday</b>  | <b>8:30AM</b>  | <b>On the Road to Backbends</b>      | <b>*Inlet Cay Yoga</b>                                                            |
| <b>Sunday</b>  | <b>10:00AM</b> | <b>General Level 2</b>               | <a href="#"><u>iYoga Delray Beach   Iyengar Yoga in Delray Beach, FLorida</u></a> |

**\*Inlet Cay Yoga ... email me at [parlne@aol.com](mailto:parlne@aol.com) for details**