



IYISA 50TH EVENTS FAQs

DURBAN BLOCKBUSTER

What? A *FREE* 2 hour Blockbuster Yoga Event with Abhijata Iyengar in KwaZulu Natal, the original source of Iyengar Yoga in Southern Africa.

When? The event will take place between 10am -12noon, Saturday, November 14, 2026.

Who? The Blockbuster is open to **ALL Yoga practitioners.**

Where? The Kendra Hall is situated at:

5 John Zikhali Road,
Greyville,
Durban,
4001,
South Africa.

The indoor venue is sizeable and can host a large number of participants.
The venue is located in a secure setting and has ample parking.

What to bring? A yoga mat is all that is needed for this event. Commemorative merchandise will be available for purchase.

Catering - Refreshments will be available at a nominal charge after the event.

Durban Tourism - For more info on Durban take a look at these websites:
<https://visitdurban.travel> and https://www.tripadvisor.com/Tourism-g312595-Durban_KwaZulu_Natal-Vacations.html.

Registration and Cost - Will open in August, 2026. See <https://bksiyengar.co.za/events/>. All participants need to register. This event is *FREE!*

JOHANNESBURG CONVENTION

What? A 5-Day Abhijata Iyengar Convention from the 15th to 19th November, 2026.

When? The Convention starts on the morning of Sunday, November 15, 2026 and ends in the afternoon of Thursday, November 19, 2026. One may register for and attend individual days, or all 5 days. Each day's session will begin at 9:30am PROMPTLY and finish at

APPROXIMATELY 4:30pm, with a lunch break to be decided by Abhijata Iyengar herself. Daily registration will be from 7:30 - 9:15am. The sequence, pace and theme of each day will be decided by Abhijata Iyengar.

Who? Open to Iyengar Yoga practitioners from around the world.

Where? The BAPS Shri Swaminarayan Mandir Complex is situated at:

4 Dexter Road,
Northriding,
Johannesburg,
2188,
South Africa.

The indoor venue is sizeable and can host a large number of participants.

The venue is located in a secure setting and has ample parking. For more information, please see: <https://www.baps.org/Global-Network/Africa/Johannesburg.aspx>

Dresscode - Please dress modestly upon entering and walking around the public parts of the Baps Mandir Complex: legs, shoulders and arms must be covered. Once inside the Convention hall, customary yoga attire may be worn.

What to bring? All delegates will need:

- A mat
- Two belts
- Two wooden bricks
- At least two blankets (or more as required)
- Any additional shoulder stand support that you require

COMPULSORY PROPS ARE A YOGA MAT, 2 BLANKETS AND 2 BELTS, which all attendees will have to bring. Please let us know if you require any *other* props by emailing support@bksiyengar.co.za. Props for loan will be available to long-distance travellers only, and not locally-based participants. Commemorative kit bags, double foams/blocks and t-shirts will also be sold at the venue.

Catering - A vegetarian (or vegan if requested upon registration) lunch will be provided on each day of the Johannesburg event and is included in the course fee. For those attending the full 5 day course, the price of the evening dinner on Wednesday 18 November at Shayona Restaurant in the BAPS Mandir Complex is included in your course fees. Those who do not register for the full 5 days can still book for the dinner independently (if you had not done so at the time of registering) at a cost of R200 per person via <https://pos.snapscan.io/qr/fyiVpxLn> with your name and surname as reference.

Johannesburg Tourism - For more info on Johannesburg (*known by locals as Jozi or Joburg*) take a look at these websites: <https://visit.joburg> and <https://www.inyourpocket.com/johannesburg>.

Transport - The Gautrain offers safe, reliable transport to and from O.R Tambo International Airport. Please visit <https://www.gautrain.co.za> for more information. When booking accommodation, please check with the establishment directly regarding transport to and from the airport as many offer transfers at an additional cost.

Accommodation - For anyone who is seeking accommodation near the venue, the following are *suggestions*:

1. The Monte Casino Complex has several options varying in price and facilities. These include Hotel Perte, The Piazza Hotel, The Pivot Hotel and Hotel Palazzo. This complex

is recommended for all attendees. Those unfamiliar with Gauteng and without their own transport will benefit from the convenience of the location and the services on offer. For more information or if you wish to make a booking, please use the following link: <https://reservations.tsogosun.com/?chain=30224&brand=MONTE&arrive=2026-11-15&dest=ABHIJATA&rate=GRPD03>.

The following are suitable for attendees who will have their own transport or are familiar with using transport apps such as Uber.

2. Amberhall Guest House - this property is very close to BAPS Mandir. <https://amberhallguesthouse.co.za>.
3. The Wesley Boutique Hotel - <https://thewesley.co.za>.
4. Shepherd's Corner - <https://www.shepherdscornerguesthouse.com>. Offers self-catering accommodation as well as BB.
5. Summerview Boutique Hotel and Conference Venue - <https://www.summerview.co.za>. Also offers self-catering and BB.

Travel - Please note that these suggestions are not exhaustive. Should you have any further queries please contact Sara Mattison on support@bksiyengar.co.za. Sara can be contacted for:

- Assistance and queries on accommodation options.
- Advice on travel plans.
- Advice on travel routes to and from the venues.

Registration and Cost - <https://bksiyengar.co.za/events/abhijata-iyengar-johannesburg/>. See also the fee structure on this page. "Early Bird" discount of at least 10% until August 5 2026.

VISITING SOUTH AFRICA

Pre and Post Tours - Southern Africa is a diverse and beautiful destination. Should you wish to book any pre- or post-Convention tours and would like a tailor-made experience, within South Africa or to any other Southern African destination such as Zambia, Botswana or Zimbabwe please visit <http://www.memoriesofafrica.travel>.

GENERAL

For International Visitors

- The courses will be conducted in English only.
- South Africa's time zone in November is GMT + 2.
- November is late spring in South Africa; please check weather forecasts.
- Both venues are located in secure settings.
- South Africa's currency is the South African Rand (ZAR) and banking facilities are widely available.
- Credit card facilities will be available at the venues for general purchases.

Visas and Documentation - Please check with your nearest South African Trade Mission or Embassy. Alternatively, information is available on the official South African Government website, www.gov.za/faq/travel. Please take note of travel requirements if traveling with children U18.