



IYISA 50TH EVENTS FAQs

DURBAN BLOCKBUSTER

What? A *FREE* In-Person Blockbuster Yoga Event with Abhijata Iyengar in KwaZulu Natal, the source of Iyengar Yoga in Southern Africa, to mark the 50th Golden Anniversary of the BKS Iyengar Yoga Institute of Southern Africa (IYISA).

Who? The Blockbuster is open to ALL Yoga practitioners, from 16 years and up.

When? The event will take place between 08h30-11h30, Saturday, November 14, 2026. *SIGN-IN* will begin at 08h00.

How? All attendees must pre-register online at <https://bksiyengar.co.za/events/> by Wednesday November 11, at the latest. Confirmation will be sent to all registrants.

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, however places are limited therefore pre-registration is essential. The venue is located in a secure setting.

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

Catering - Light refreshments will be served after the event, and a mobile trailer selling excellent coffee and chai will be situated on the roadside.

Parking - There is ample secure parking at the venue and at the adjacent school. Please note however that overflow parking will be on the street so security here cannot be guaranteed, therefore ride share / taxi services are recommended.

Dress Code - Please dress modestly upon entering and walking around the public parts of the Kendra Hall Complex: legs, shoulders and arms must be covered. Once inside the event hall, customary yoga attire may be worn.

General -

- This will be a free yoga class conducted by esteemed teacher Abhijata Iyengar, from the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India.
- There will be no time for questions and answers with Abhijata before or after the event, however there will be numerous visible members of IYISA to offer guidance.
- Payment facilities at the event will be made available for donations to help promote Iyengar Yoga in the KZN region.
- To become a member or to renew membership of IYISA, visit the link on the IYISA website: <https://bksiyengar.co.za/start-yoga/join-our-institute/>.

Queries? You can email the IYISA KZN Committee at iyisakzn@gmail.com.

Durban Tourism - For more info on Durban: <https://visitdurban.travel> and https://www.tripadvisor.com/Tourism-g312595-Durban_KwaZulu_Natal-Vacations.html.

Registration and Cost - Registration is now open: <https://bksiyengar.co.za/events/>. All participants *MUST* register online by 11/11/26. This event is *FREE*!

JOHANNESBURG CONVENTION

What? A 5-Day Abhijata Iyengar Convention from the 15th to 19th November, 2026 to mark the 50th Golden Anniversary of the BKS Iyengar Yoga Institute of Southern Africa (IYISA).

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 09h30 promptly, and finish at approximately 16h30, (with a lunch break to be decided by Abhijata Iyengar herself,) except for the final Day 5, Thursday 19th which will finish at 14h30 to allow for travel. Daily registration will be from 07h30 – 09h15. The sequence, pace and theme of each day will be decided by Abhijata Iyengar.

Who? The first day is suitable to those with at least one year of Yoga experience, and the remaining days aimed at those with 3 years or more of Iyengar Yoga experience.

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>

Dress Code - Please note that a strict dress code operates upon entering and walking around the public parts of the Baps Mandir Complex. Tops must cover the shoulders, chest, navel, and upper arms. Leg-wear must be at least below knee-length. 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

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, November 18 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 (*know 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 at

a discounted rate, please use the following link:

<https://hotelreservations.tsogosun.com/ibe/shop.aspx?hgid=2370&rate=GRPD03&lang=en-gb&checkIn=15/11/2026>

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.

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 Consulate 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 under 18 years of age.