

Body Thy Shrine zine - IYAMW Grant Report

Using funds provided through an IYAMW Community Grant, Iyengar Yoga Detroit Collective produced two issues of our community wellness zine, *Body Thy Shrine*, in 2021. Although we did not produce them as quickly as hoped, we are proud of our work and plan to continue.

Dawn Ceballos, Ava Ansari, Misia Denéa, and Hong Gwi-Seok contributed material and edited the Spring/Summer zine. Yemisi Odetoynbo contributed poetry, Laila Hamdan and Liz Brauer contributed visual art, and Eleni Zaharopoulos managed to complete the design and production right before her baby was born in May. We quickly distributed the much appreciated and loved zines to our students, at Oakland Avenue Farmers Market where we held our Got a Minute? Yoga Clinics, and at coffee shops and libraries. We also mailed the zine to a number of out-of-town yoga practitioners.

Dawn Ceballos and Gwi-Seok contributed and collected material and edited the Fall/Winter zine. Misia Denéa, Cheryl Ball and George Rahme contributed articles and artwork. Printing was significantly delayed (by two months) due to COVID, so we didn't receive Issue 1.2 until late January 2022, and we are distributing this issue through the community as we did before and have copies available at the studio and have mailed some out as well. Once again, the zine was received by the community with much appreciation and enthusiasm.

We definitely feel the zines are a useful tool in spreading the word about Iyengar Yoga Detroit Collective, generating and deepening interest, and enhancing the health of our community. One student told us she'd been carrying around her issue everywhere and referring to it throughout the day for inspiration. In a day and age when reading books, newspapers and magazines is steeply declining, a modest, inexpensive object like a zine is accessible, non-intimidating, appealing to the senses, and a resource for both practical information and spiritual inspiration.

We are currently collecting material for our Spring/Summer issue.

Issue #1, May 2021

EXPENSES

1st printing, 100 copies, 16 pp	\$153
2nd printing, 60 copies	\$109
Postage	\$ 20
TOTAL	\$282

INCOME

Orders	\$80
TOTAL	\$80

Issue #2, December 2021

EXPENSES

Printing, 125 copies, 12 pp	\$153
Postage for mail orders	\$7
TOTAL	\$160

TOTAL EXPENSES TO DATE **\$442**