



By- Laws of the IYA

Indiana Yoga Association, Inc. By-Laws

Article I - Identification

Section 1. 1. Name.

The name of this organization shall be Indiana Yoga Association, Inc., hereafter referred to as IYA.

Section 1. 2. Principal Office and Resident Agent.

The post office address of the principal office of the Corporation is P.O. Box 40756, Indianapolis, IN 46240. The registered agent is the Treasurer of the corporation.

Section 1. 3. Nonprofit Status

The IYA tax-exempt status is educational, 501 (c) (3). We have no affiliation to other tax-exempt organizations. IYA shall not engage in any activity by which profit may or shall accrue to any director or member thereof, and the best interest of the organization shall only embrace the means necessary to carry out the corporate ends.

Section 1. 4. Fiscal year.

The IYA fiscal year begins January 1 and ends December 31 of each year.

Article II - Purpose

Section 2. 1. Mission

The Indiana Yoga Association, Inc. (IYA) is a membership organization of individuals who practice yoga and know its healing and transformative benefits. Our mission is to create an awareness of the practice of yoga throughout Indiana, thereby broadening people's understanding of yoga's benefits to the individual and to the community

Section 2. 2. Purpose

IYA will distribute yoga-related information and promote community by holding special seminars and workshops, providing access to teacher directories, and encouraging teacher competency. It also will provide service work to the Indiana community and the Global community through the Karma Yoga program.

Section 2. 3. Vision

IYA will encourage improved mental, physical, and spiritual health through regular yoga practice and will help promote health consciousness in the communities of Indiana.

Article III - Membership

Section 3. 1. - General Membership requirements

Any adult at least 18 years of age or older or any organization interested in supporting IYA's purpose and mission may be a member. Submitting an application for membership includes filling out the membership application form and paying IYA yearly dues. Annual dues will be paid for one year and renewal will be the month before the anniversary month.

Types of members:

General Membership: Any adult at least 18 years of age or older who is interested in supporting IYA's purpose and mission.

Organizational Membership: Any organization interested in supporting IYA's purpose and mission.

Section 3. 2. Voting Members

Members entitled to vote must have made application and paid dues 30 days prior to the scheduled date of any meeting where a vote is requested. Each member of record is entitled to vote on each matter.

Section 3. 3. Termination of Membership

Any member may resign by written notice to the Board of Directors. The Board of Directors may terminate membership when a member has died, relocated, or cannot be located.

Section 3. 4. Meetings

Location and procedure for the meetings will be designated by the Board of Directors. All meetings are open to the membership. A notice of and ballot for the election of Directors and By-Laws changes will be sent electronically to the membership for vote 30 days in advance of the official annual meeting. The agenda of the annual meeting will include an annual report by the Chairperson, official vote from the elections, a year-end financial report, and a service/activity report by each director. Special meetings may be called as needed.

Article IV - Board of Directors

Section 4. 1. Number of Directors (Chairs)

There shall be eight (8) Director offices, to be called "Chair" positions. Each Chair position will have the availability to have a "Vice Chair" position, to make a total of 16 Directors. All officers shall be as enumerated in Article V. Each shall serve a term of two (2) years.

Section 4. 2. Term of office

Each Chair will serve a two (2) year term. The chair may continue in the same position or choose another position at the end of term or as requested by the chair. Chairs shall commence their terms of office at the beginning of each year.

Section 4.3 Limitations of Terms

Chairs' terms will end after the two year term. There is no limitation on the number of terms a Chair may remain in office.

Section 4. 4. Qualifications

Chairs shall be voting members of IYA and be an adult of at least 18 years of age by the time he/she assumes the Directors' position.

Section 4. 5. Board Quorum

In order for the Board to act, the quorum for a Board meeting is four (4) Chairs in attendance.

Section 4. 6. Duties and limitations of power

All Board work is voluntary. Chairs shall have the general supervision over the real and personal property of IYA and shall have control of the administration. Chairs shall hold board meetings, to which the membership is invited. The date, time, and place shall be announced on the IYA Web site and in by an electronic notice. Because email is the primary forum for communicating, IYA chairs must have access to email and agree to keep up with IYA board activities via email. Chairs shall designate special committees on which individual members may serve. Chairs shall not do any of the following without a majority vote of the Board:

1. execute or authorize the execution of any deed, contract or property of IYA.
2. authorize the expenditure of money outside the approved budget in excess of \$100.00. Each board member may submit an annual budget at the beginning of the fiscal year for anticipated costs associated with the Chair position for items such as advertising or venue deposits. A suggested amount for budgeted items for these costs is \$500.00. Additional monies require a vote by the board members.

Section 4. 7. Vacancies

A Chair shall resign by giving notice to the Board through email or other means. Members of the Board may appoint IYA members to serve in a Chair's position when there is a vacancy. Any statement of

interest submitted by an IYA member will be considered. In the case that a Chair's position is desired by more people than spaces available, then further nominations and elections by the Board may ensue.

Section 4. 8. Elections

The open positions of the Board of Directors shall be filled by Self Nomination, Board Confirmation and Membership Election.

4. 8. 1. Self-Nomination

Any interested IYA member may submit a statement of interest throughout the year. Interested individuals will then be informed of the tasks required of the Director positions and asked to select where their talents serve best. Board Members may appoint IYA members to serve in open Chair positions.

4. 8. 2. Board Confirmation

Individuals who have submitted a statement of interest and selected one or more Chair position(s) that they would like to serve in will be confirmed by the Board before the Annual Meeting. No more than two (2) people will be confirmed for a Chair position. The Board Chair will notify individuals of their confirmation for a Director's position.

4. 8. 3. Membership Election

In the event that more than two people have expressed an interest in a Chair position, a vote will take place by ballot, sent to all of IYA Membership. Candidates receiving the highest number of votes shall be deemed elected. Unelected individuals may choose to volunteer for a Board committee. The results of this election will be announced at the annual meeting, with an attempt to notify the candidates ahead of time. Any remaining positions that are unfilled may be nominated for and filled by vote at the annual meeting.

4. 8. 4. At the conclusion of the annual meeting, eight (8) Director positions will be filled. If there are still vacancies after the annual meeting, then the Board may appoint someone in accordance with section 4.7.

Section 4. 9. Life Members

Prior to 2010, Board members who have completed their elected term will be named as a "Life Member." Beginning in 2010, Board members who completed their elected term will receive one free year of membership as a thank you for serving the IYA.

4.9.1. The Life Members will be considered as resources of the Indiana Yoga Association.

The experience and wisdom of the Life Members will be considered a resource to help IYA grow and flourish. The current Board of Directors may choose to call upon this group for advice and support as needed.

4.9.2 The Life member is honored for her or his service for the greater good of IYA.

Service for the greater good is described as "Tapas" in the Yoga Sutras of Patanjali. Tapas -- Austerity -- is the willingness to do what is necessary to reach a goal with discipline. Practicing Tapas means making sacrifices as necessary and displaying enthusiasm for the spiritual path. Joyfulness with outer discipline leads to inner discipline.

4.9.3 The Life Member will be exempt from paying membership fees for the remainder of his or her lifetime. In order to maintain the list of Life Members and effectively communicate with them, the board will maintain a "Life Member" email list of those individuals. This article grandfathers in the previous qualifying board members.

4.9.4. Those IYA Board of Directors' eligible for the achievement of "Life Member" are as follows: Barbara Badger, Karla Becker, Daniel Cheeseman, Lorrie Collins, Lee Edgren, Lori Heath, Ann Miller, Dona Robinson, Diana Scalph, Narayani Schalk, Ruth Soper, Diane Thayer, and Jim Wills

4.9.5. Those eligible as of January 2007 or after completing their terms:
Mimi Sosa

4.9.6. Those eligible as of January 2008 or after completing their terms:
Elizabeth Houdek and Abby Hecker

Article V - Officers

The Officers form the leadership team for the association. This team represents those individuals who are committed to their own and others' yogic development. As such, an Officer is committed to his or her personal spiritual development, and so will have a regular, daily spiritual practice. A study of the Yoga Sutras of Patanjali is especially recommended, so that the Officer continues with his or her yogic path. The path of Yoga is to realize Samadhi -- the perfect state of unity with the Infinite Creative Force of the Universe.

Section 5. 1. Officers defined

There shall be eight (8) Chair positions, each with the availability of two Vice Chair positions, making the possibility of 16 Officers. The eight Chair positions include: Board Chair, Events Chair, Treasurer, Karma Yoga Chair, Communications Chair, Secretary, Membership and Outreach. The Chairs may form volunteer committees to assist with the work of the organization.

Section 5. 2. Duties

1. The Board Chair shall

1.) set the times, dates and places for meetings 2.) receive agenda items from members and compose the agenda in advance for board review 3.) lead the agenda during the meetings; 4.) help the board to maintain unity in the integrity of yoga and hold the space for the meetings; 5.) maintain the by-laws and any amendments that need to be made; 6) coordinate the election process and perform any duties in relation to the election; 7.) coordinate any voting that needs to occur.

2. The Events Chair

shall 1.) plan the fall retreat, 2.) Other events may be planned at the discretion of the Events Chair. Assistance for IYA events will be available from events planners for which the IYA would contract.

3. The Treasurer

shall 1.) maintain the financial books and records; 2.) receive and deposit checks made to IYA; 3.) write checks for IYA; 4.) create a treasurer's report to advise the board on fiscal expenditures and income; 5.) coordinate a budget for members to operate from, so each director position has funds available for operation.

4. The Karma Yoga Chair

shall 1.) facilitate yoga class or workshop opportunities for Indiana communities in distress; 2.) award Karma Credits to members who have demonstrated selfless service; 3.) organize Karma yoga projects that benefit Indiana communities in need; 4.) create opportunities to volunteer for IYA; 5.) provide matching funds to charitable causes or fundraising efforts.

5. The Communications Chair

shall: 1.) oversee, create and/or edit the publication of the quarterly newsletter; 2.) submit ads and announcements to local news sources; 3.) maintain service of any communications to membership via e-mail; 4.) work with the web-site in maintaining up-to-date information; 5.) handle communications via the web-site and distribute them accordingly.

6. The Secretary

shall 1.) maintain meeting minutes and publish for members ; 2.) compile any business information that transpires between meetings; 3.) coordinate the documentation of IYA events with notes, photos or other media; 4.) oversee the maintenance of IYA Archives; 5.) maintain special documents and communications such as, Liability Waivers, CEUs, etc. 6.) act in the absence of a Board Chair

7. The Membership Chair

shall 1.) maintain the database of IYA membership; 2.) promote IYA membership and renewal; 3.) organize and distribute membership benefits; 4.) coordinate the spring membership drive; 5.) print labels, lists or other information from membership database; 6.) Maintain and update a membership brochure.

8. The Outreach Chair shall 1.) be an ambassador for membership and Karma Yoga in IYA; 2.) assist in all mailings or distribution to membership

Section 5.4. Vacancies

An Officer may resign his/her office by notifying the Board through email or other means. In the event of a vacancy, the Board shall elect another Officer from the current Board to fill the vacancy for the remainder of the term. Officers resigning their office are deemed to be also resigning from the Board.

Article VI - Meeting and Quorums Section 6.1. Quorum

For any meeting requiring a vote of members a quorum shall be 4 of the Board Members.

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Section 6. 2. Annual Meeting

An annual meeting shall be held in the first quarter of each year at a designated place in Indiana. The meeting will be published in a mailing as specified in section 3.4.

Article VII – Release of Liability

For all IYA sponsored events, participants must sign the “Release of Liability” waiver prior to participation.

Article VIII - Conflict of Interest

A disclosure by the Board and the Officers is required at the annual membership meeting so that an analysis can be undertaken to handle any identified conflict.

Article IX - Amendments and Review

The by-laws will be reviewed at least every three (3) years. These by-laws may be amended by a majority of those voting members present at an annual or special meeting called by the board.

Article X- Dissolution

Should I.Y.A. cease to function and membership vote to dissolve the organization, any and all of its assets shall be transferred to a local not-for-profit organization, chosen by the members. This transfer is to be made in accordance with the laws of Indiana.

Article XI - Nondiscrimination The services and activities of this corporation shall at all times be administered and operated on a nondiscriminatory basis without regard to color, national origin, sex, sexual preference, religious preference, creed, age or physical ability.

Date adopted by the IYA Membership and IYA Board of Directors-February 7, 2010