

PROFOUND.

INTELLIGENT.

TRANSFORMATIVE.



Iyengar Yoga is for *Everyone*



What is Iyengar Yoga?

The Iyengar method offers students of all ages and physical conditions an experience of yoga, which is safe, accessible and rewarding.

Developed by yoga master **B.K.S. Iyengar** during his more than 75 years of teaching, Iyengar Yoga is grounded in the ancient Indian tradition and philosophy.

Iyengar Yoga at the CWB

Iyengar Yoga taught at the Center for Well-Being (CWB) will help bring firmness in body, stability in mind, and joyfulness in spirit. Come try yoga for health!

What makes Iyengar Yoga unique?

Safe and Systematic Progression of Study

Sequencing of the postures that helps students develop strength and flexibility, stamina, concentration, and correct body alignment

Certified Teachers at CWB

Yoga instructors at the CWB are held to an unusually rigorous standard. Only after years of training and evaluation do they become certified to teach.



← **Look for the Logo!**
Qualified Iyengar teachers display this certification logo, with the permission of BKS Iyengar.



IYENGAR YOGA INSTITUTE
OF CENTRAL PENNSYLVANIA

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