

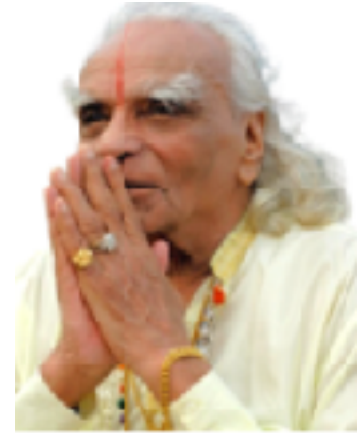
## January 2025 Newsletter

### Iyengar Yoga at the Center for Well-Being

Dedicated to the teachings of Yogacharya

Shri B.K.S. Iyengar

### Yoga News is Good News!



Dear Friend in Yoga,

Happy New Year! 2025!

One of our most amazing and greatest gifts, the mind keeps track of time. It draws a line from the past to the future. This time of year it tells us, “out with the old, in with the new”! But in truth, it is between the past and future that we live. We exist now, always. It is the mind that constructs the linear idea of time. If you able to bring the mind to a state of silence, there is no past or future... you are simply present.

Of course, controlling the mind is easier said than done. When you practice asanas or pranayama, they bring a host of benefits. On a deeper level, they are educational in cultivating self understanding and guide us to experience an effortless, undivided state of mind. That is Yoga or union, pure Being, here and now.

Join us for [yoga at the CWB](#). We offer a wide variety of classes with qualified and dedicated teachers. You will find support and inspiration at the Center. [Click on this link](#) to see the **Center’s Yoga schedule!**

Remember to check online before going to class to avoid a possible inconvenience. Occasionally circumstances are such that a class may be canceled.

**Sunday Special - New Beginnings: Setting Your 2025 Yoga Goals & Intentions with Amy.** Click on underlined text to open registration and details. **Sunday, January 12th from 6:60m- 8PM**

**January Spotlight - Briel Beaty** - student of Yoga and a CWB Certified Iyengar teacher!



Q: How long have you been practicing?

A: I was introduced to yoga in 2007. Though I have experienced a variety of yoga styles I was always drawn to the alignment based methods and started practicing Iyengar Yoga in 2010.

Q: Your favorite pose?

A: Ardha Chandrasana, Half moon pose. I love the full body

awareness required for this pose. And, I love the moon so it just makes sense :)

Q: Most challenging pose?

A: I think the challenge level of a pose depends on your approach to doing the pose and less about the specific pose itself. You can always challenge yourself to go further/deeper or hold longer. That said, in general backbends are the most difficult family of poses for me. All of them!

Q: One tip to a new student - what would it be?

A: Be patient. Particularly if you are new to Iyengar yoga or props. Fun fact, after my first Iyengar yoga class I didn't go back for over a year! We used a chair in that class and there were all these props and I felt it was cumbersome. But as you learn the methodology behind the poses you see the gift and value in the props. With this same idea I encourage new students to be curious and inquire about what is going on in their bodies and minds in the posture. The more we know about the way our body moves easily and what we find difficult, the more we can work to bring balance and stability into our everyday lives (how we stand, walk, sit, run, etc).

Q: Anything else you would like to add?

A: Don't forget to breathe, mindfully that is!

~ ~ ~

Thank you one and all for being a part of the Center! We appreciate you!

Wishing you a wonderful New Year!

Love and namaste!

Dean and Rebecca



Kate, Brucie, Kelly, Jean, Dean, Rebecca, Briel & Amy (center)

**HAPPY HOLIDAYS!**

**Auld Lang Syne** (times long past)

Should Old Acquaintance be forgot,  
and never thought upon;

The flames of Love extinguished,  
and fully past and gone:  
Is thy sweet Heart now grown so cold,  
that loving Breast of thine;  
That thou canst never once reflect  
On old long syne.

We'll take a cup of kindness yet, for auld lang syne.

\_\_\_Robert Burns 1700's