

# February 2023 Newsletter

## Dedicated to the teachings of Sri BKS Iyengar



### Bliss in Baddhakonasana Yoga News is Good News

Wow.. That was quick! January came and went in a flash, like the green comet - just passing by. The body is in space. The mind is in time. Yoga helps us bridge the gap to that which is timeless, spaceless... here, there, everywhere, yet elusive - the core of Being.

It feels like we are finally coming out of hibernation. We are pleased that Iyengar Yoga at the Center is back in the swing with a full schedule and some new classes. We are most grateful to share Yoga and our beautiful studio with you. Guruji once reminded us, "Yoga is firstly for individual growth, but through individual growth, society and community develop". Thank you for being on this journey with us and being a part of our Yoga community and family. So much for which to be grateful!

Some Yoga reminders about new classes on our [schedule](#):

**Sunday Specials** in February 4:30 - 6 PM

**Feb 12 with Amy**

Open Your Heart: Practicing self-care and self-love for Valentine's Day (focus on back bends and pranayama)

**Feb 26 with Briel**

Cultivating Curiosity: Exploring the Niyamas in practice (focus on developing personal practice)

**Fundamentals Class** Mondays, 5:00 - 6:00 PM

Learn the fundamentals of Iyengar yoga.  
Build strength and flexibility, develop body awareness and stamina, and gain a better understanding of the foundational poses of Iyengar yoga.

This class is for students:

- returning to Iyengar yoga after a break
- new to Iyengar Yoga (even if you have practiced other styles)
- needing and/or wanting a refresher in the basics
- newer to using props

*All* body types and abilities are welcome.

**Active Practice** with Kelly on Thursday, 5:30 - 7 PM

A more physically challenging yoga class. Offering a balanced mix of postures, flows and inversions to develop strength, flexibility, agility and balance. Suitable for active beginners, athletes and seasoned students alike.

**One more thing!** We could use your assistance! Please help us get the word out and tell your friends about Yoga and that we are offering a Free Class to new students (or those that have been

away for a long time) and a 25% discount to students! We appreciate your support!

Our Yoga classes help bring firmness to body, stability to the mind, and benevolence of spirit. What is not to love about that?!

### **Spotlight on Rebecca**

Here is a recent interview with Rebecca published in [the Light](#), the Journal of IYNAUS. Additionally, click on [Tittibhasana](#) to watch a short video of Rebecca teaching this advanced arm balancing pose, making it accessible to all abilities.



Not long ago a local student, Patty S~ wrote: “I am really enjoying this new-found practice (Yoga) —and only wish I hadn’t waited until I was in my 60s to take it up!” Taking up Yoga at whatever age is a blessing! For this we can all be grateful !

Namaste

Dean & Rebecca