

September 2026 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!

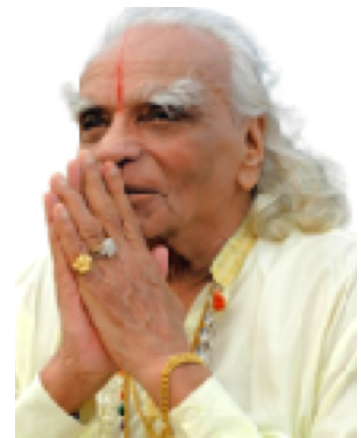
Dear Friend in Yoga,

Yoga is often described as ageless and timeless because its core purpose addresses aspects of human life that haven't fundamentally changed across generations: the body, the mind, consciousness as well as suffering, resilience, and the search for meaning. It speaks to universal human experiences. Yoga's principles remain relevant and it adapts without losing its foundation.

Yoga invites ongoing exploration. Many practitioners find that yoga isn't something they "finish." As life changes, the same practices or teachings can reveal new insights, making the discipline continually relevant.

Yoga is ageless because it can be practiced throughout every stage of life, and timeless because its wisdom speaks to enduring aspects of the human experience—cultivating awareness, balance, and inner peace regardless of the age or era.

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.

Saturday Special with Caitlin Smith - (Almost) All the Standing Poses! Explore your favorite Level 1 and some Level 2 standing poses from *Light on Yoga*. Appropriate for all levels. Modifications will be given. **Saturday, September 12** from **9 - 10:30 am**. For additional information, [click here!](#) [Register via Punchpass.](#)

Sound Bath with Caitlin Smith - End your weekend on a peaceful note and feel refreshed with this restorative Sunday evening sound bath. Caitlin will play a set of five crystal singing bowls to create a resonant meditative state. Fee \$20 **Sunday, September 13th 7 - 8 pm**. [Click here to register & more info](#) **This is not through Punchpass.**

Yoga in New Orleans with Rebecca! The perfect opportunity to immerse yourself in a weekend of Iyengar Yoga and the New Orleans' culture! **September 18 - 20th**. [Click here for details!](#)

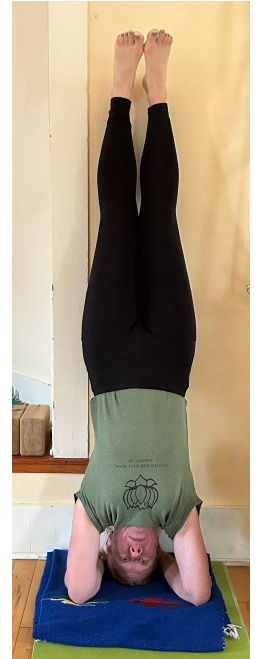
September Spotlight : **Liz Stone** - long time CWB yoga student!



1. *How long have you been practicing?* I attended yoga classes off and on many times over the past 20 years, but I started practicing regularly in 2021.
2. *What is your favorite pose?* I love standing poses. Those are the ones I find myself doing in my everyday life (like Kate always tells us to do!) - a modified Tree Pose while waiting in line at the grocery store, a Warrior III or a Triangle Pose while I'm waiting for

water to boil, etc. However, the pose that I most enjoy practicing is head balance. I still have a lot of work to do, but I feel like I have made noticeable progress, which is rewarding. I hope to one day be able to do it without the support (and comfort!) of the wall.

3. *What is your most challenging pose?* I have a really hard time relaxing, so I find restorative week and *Shavasana* challenging. I always feel like I'm not doing enough - which I'm slowly learning is absolutely not true, but it is definitely a mental struggle.



4. *One tip to a new student - what would it be?* Don't worry if you feel lost and need to look around and see what everyone else is doing. You definitely aren't the only one! Even after 5 years of regular practice, I still sometimes have no idea what some of the Sanskrit names are, or just forget how to do a pose, and I figure it out by looking around and seeing what everyone else is doing. And the longer I'm there, I realize that at some point during class there are other long-time practitioners doing the same!

5. *Anything else you would like to add?* I am so grateful for the entire Center for Well-Being community. Everyone is very welcoming and non-judgmental. All of the instructors are excellent at explaining how to do a pose and how to gently push you to improve on that pose. I like how their teaching styles are all so different, and I learn new things from each one. Most importantly, on days when I'm tired, or stressed, or sad, or antsy, they almost magically say something during class that completely turns things around and reminds me that yoga is not just about doing the poses. I always go into class knowing I will

feel physically better at the end of class, but I almost always walk out feeling emotionally, mentally, and spiritually better as well!

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

Love and namaste!

Dean & Rebecca



Briel, Jean, Amy, Kate, Rebecca, Caitlin

Some Wisdom from Dolly Parton

- “The way I see it, if you want the rainbow, you gotta put up with the rain.”
- “If you see someone without a smile today, give ‘em yours.”
- “We cannot direct the wind, but we can adjust the sails.”