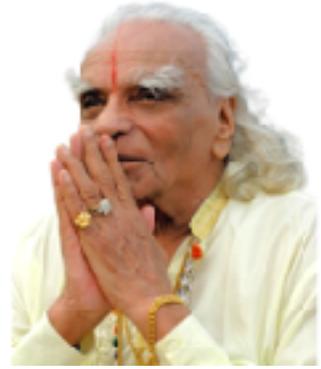


March 2023 Newsletter

Iyengar Yoga at the Center for Well-Being

Dedicated to the teachings of Shri B.K.S. Iyengar

Yoga News is Good News!



Dear Friend in Yoga,

Greetings!

It is March! Here in the Northern Hemisphere that means the Spring equinox, the start of Spring is almost here. More precisely it means that the sun crosses over the equatorial line, traveling north. The length of day and night are near equal. Also known as the vernal equinox, it carries a spiritual connotation of newness, freshness, uplifting and shifting from the quiet, introspective nature of winter toward a more outgoing, energetic growth. Many shifts are occurring in the weather, in nature and within us.

Yoga means equanimity. What better way to navigate these life changes than being established in Yoga? Patanjali advises that long, uninterrupted practice is the key to success in Yoga. That is where we can help - with a wonderful schedule of classes and a fabulous, knowledgeable group of teachers. Please join us! Remember, no effort is lost on the path of Yoga!

Bring a friend! We are pleased to offer a *free* class to new students or to past students who have been away for a year or more. Please tell a friend! There is no better time than now to give it a try! You will see the Free class code on our [home page](#). Bring a **family member** and you both receive a 10% discount!

New on the Schedule:

Our new, hour long **Fundamentals** class on Mondays at 5 pm with either Amy or Briel is perfect if you are just starting or want a refresher to jump

start your practice and studies. Or Thursday evening with Kelly who promises a challenging, **Active Practice** to bring balance to your day.

Sunday Specials at the Center: 4:30 - 6 pm Pre-register online.

March 12 - with Amy! Let Go to Grow: Growing in your practice as we move towards Spring (focus on standing poses and reaching upward and outward).

March 26 - with Briel! Sun Salutations: an in-depth exploration of the asanas that make up Surya Namaskar and modifications.

Click [here](#) to see our *full schedule* of classes!

We need your help!

Please help raise awareness about Iyengar yoga at the Center by reviewing us on Google and Facebook! You will be entered into a raffle for a **free** class as a thank-you for your review between now and April 10th!

Spotlight on Briel Beaty:

Meet Briel, our newest teacher at the Center! If you haven't had a chance to study with her yet, check out this [video for handstand preparations](#), modifications and tips! Try one of her weekly classes (and Sunday special)! You will be pleased you did!



Happy Spring!!

Namaste,
Dean & Rebecca