

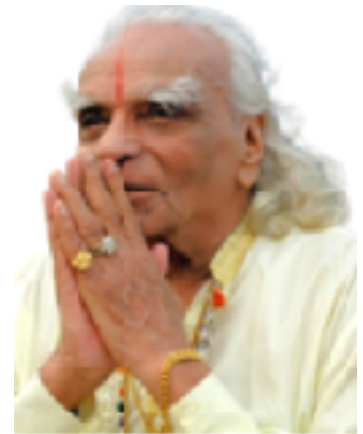
## April 2024 Newsletter

### 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,

“The pains which are yet to come, can be and are to be avoided” (YSII:16) - such good advise from Patanjali! It sounds wonderful, but we must wonder - how do we accomplish avoiding future pain? The pains of the past are over. What we may be suffering now cannot be avoided, although perhaps mitigated by our yoga practices. But what we do now, our actions and thinking lay the foundation for the future. Just as there are causes for suffering, there are causes leading to freedom from suffering. By adhering to yogic discipline and principles, self-reflection and devotion here and now, unknown future pains can be prevented.

On a practical level, Mr. Iyengar called yoga a preventative and curative practice. As he said, “Yoga helps you cure what you need not endure, and endure what cannot be cured”.

Please 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.

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**[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.

**Fundamentals class** - get back to basics or start with the basics as the case may be. Thursday night from 5:30- 6:30 PM. The perfect class for beginners or those who have been away for awhile. Build strength and flexibility, stamina, greater body awareness and understanding of the foundational poses of Iyengar Yoga in this weekly one hour class. CWB teachers take turns teaching this class.

**Spring Wellness workshop - Sunday, April 21 with Amy & Briel ~ 4:30-6:30 PM.** Join Amy and Briel for this special 2 hour wellness workshop featuring three parts: 45 minute Iyengar Yoga practice followed by a half hour discussion on Ayurvedic Spring Cleansing. We will talk about herbs, dry brushing, kitchari and other supportive spring care practices! Kitchari is a healthy and nourishing Ayurvedic dish and we will have a small homemade sample to share. We will finish out the workshop with 45 minutes of bodywork. You will receive personalized bodywork in a group setting. You can bolster yourself up and get cozy as Briel comes around giving Reiki treatments and Amy offers massage. bodywork (Reiki & massage). Limited to 10 participants.

*\*Note: This Sunday workshop is 2 hours and requires a special pass. This workshop is a Center for Well-Being offering and not specific to our yoga program. Space is limited to 10 participants. Investment \$40.*

**CWB Potluck Dinner - Good Food, Good Friends!** Please join us on Sunday, April 28th from 5-7 PM. We will meet out on the village green behind the Center if the weather is nice and in the CWB if inclement weather. Please bring your own chair or blanket to sit on (if we are on the village green) and a vegetarian dish or dessert to share. We look forward to gathering as a community!

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## April Spotlight - on Kate Marshall-Chase



Kate has been practicing for 44 years.

*Her favorite pose:* “Ardha Chandrasana (Half Moon pose) combines fluidity with balance, strength & concentration resulting in a feeling of lightness & spaciousness”.

*Most Challenging pose:* “Parivrtta Parsvakonasana requires deep hip flexion & internal rotation which is not an action that feels OK for a chronic hip injury I manage.”

If you could give *one tip to a new yoga student* what would it be?:  
“Be open to the many new experiences yoga has to offer & take this time in class to be aware of your breath”.

*Anything else* you would like to add?: “I am happy you have found your way to our Center!”.

**Coming up in May:** Sunday Specials & yoga outdoors on the Village Green! Details coming soon.

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

Love and namaste!

Dean and Rebecca



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

