

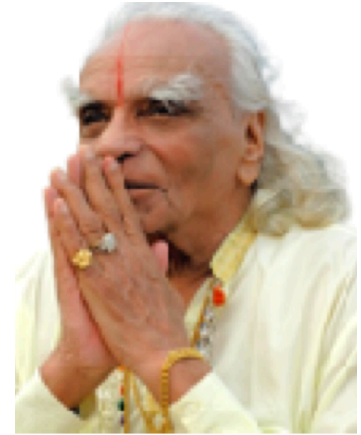
## June 2026 Newsletter

### 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,

If you've been practicing yoga for years, you may ask "what's next, where to go now?" Once you have established a firm foundation, consider the following ideas to direct and improve your practice and understanding.

Instead of just doing more poses, focus on precision, smooth breathing, and investigating longer holds of the poses. This will refine and deepen your practice and naturally lead to exploration of *Pranayama* or meditation.

Practice core, fundamental poses and keep your practice fresh by incorporating more complex asanas (arm balances, inversions), but done intelligently – not just chasing difficulty. Additionally, you might bring new light to your practice and find enthusiasm when you practice with others, either in or out of class.

B.K.S. Iyengar said, "asanas are meditation in action." Studying texts like *Yoga Sutras of Patanjali* or *Bhagavad Gita* can offer a completely different and rich layer of depth to your practice. Meditation in action will then flow and evolve more readily.

Flexibility is not just about the body. Your focus and intention can and should change over the years. Early practice is often about flexibility, strength or stress relief. Later, it can become about longevity, injury prevention, or mental clarity. The "why" can evolve even if the practice stays similar.

If you're feeling stuck or bored, that's actually useful information – it usually means your practice has become routine. If you feel your “routine” has become stagnate, it needs to be refreshed. Your teacher can help you discover what might be missing right now – challenge, meaning, results, or something else? Don't be afraid to ask!

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.

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**S**aturday Special - learn the ropes with **Caitlin Smith** - *Yoga Kurunta* (using the wall ropes) for backbends! All levels are welcome. Modifications will be given. **Saturday, June 6th** from **9 - 10:30 am**. For additional information, [click here!](#) Register via Punchpass.

[Community Bulletin Board - online](#): a new addition to our CWB website. Please visit the "[Bulletin Board](#)" to see the latest listings of various activities and offerings.

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**June Spotlight - Bruce Knoll -**  
CWB yoga student!

1. *How long have you been practicing?* I think I've been practicing yoga for about 12 years now. I am not sure exactly when I started, but I think it's been about that long. I suspended my practice for about 18 months during the COVID pandemic, but once classes

resumed at the Center for Well-Being, I started up again.

2. *What is your favorite pose?* I often joke about *shavasana*, wanting to get to it as quickly as possible in our classes, but in fact I find it a very beneficial pose. After stretching during class time, I find *shavasana* to be a great way to take inventory of all the parts of my body that have been exercised. Starting with my feet, I interrogate my body, moving up toward by head and hands. It sometimes takes a while to notice which body parts I'm still holding in a state of tension, and to relax them. I can also take time to focus on my lungs, to determine whether or not I'm filling them completely, in all directions, from my diaphragm to my neck, and across my chest. I will sometimes do a few *ujjayi* breaths at the beginning of the pose, to make sure my breathing is as full as possible, and then return to normal breathing. The difficulty in practicing *shavasana* like this is the mental focus. I need to keep my attention to each body part brief, so that I don't entertain one thought too long. Once I have noticed complete relaxation, I have to let



that thought go and quickly move to the next body part, and to try to keep this scan as relaxed as possible. Oddly enough, I find my face to be the most susceptible to unnoticed tension. Our face is how we present ourselves to the world, and can communicate fear, patience, joy, humor, irritation, and so on. Consequently, we often hold our faces in such emotional states without even realizing it. So it sometimes surprises me when I discover, during *shavasana*, that certain facial muscles are tensed. Once I've finished this body scan, I find it easier to maintain a perfectly relaxed pose.

3. *Most challenging pose?* For me, that would be a headstand. I can assume the pose briefly, but I find that as I age, my strength and stamina begin to wane, and it's difficult for me to hold the pose for any length of time. Fortunately, there are other inverted poses which I can use to get my head below my heart, and I find most of these poses to be good ways of maintaining an inverted position.

4. *One tip to a new student - what would it be?* I would urge a new student not to be discouraged if any of the poses are difficult. They all get easier with practice, and therefore I would advise them to stick with the practice. Also, the teachers at the Center are experts at finding easier ways to overcome certain difficulties, and can instruct a new student how to modify or change a pose while still obtaining the same benefits. Sometimes the advantages of a yoga practice take a while to become noticeable, but they will with time and persistence.

5. *Anything else you would like to add?* What I found most valuable about yoga is that after practicing it for a while, I don't injure myself as easily. And when I do, I heal much more quickly. It also calms me down. After the 90 minute yoga class, I feel alert and yet relaxed.

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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