

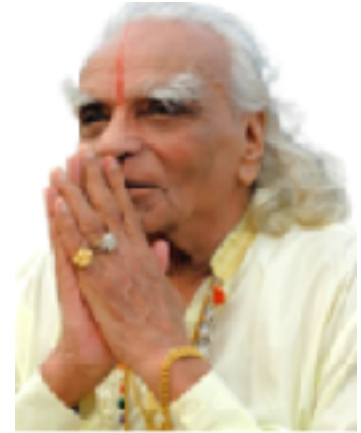
## March 2025 Newsletter

### 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,

Who am I? Our immediate response to this question is “me” - what you see! ~ my body, clothes, political views, religious affiliation, sports favorite, etc. If we delve into yogic philosophy and use logic, this idea of identity quickly hits a wall. Yogic philosophy explains that we are not simply this body and mind, but our true essence resides within us, within the “cave” of the *Pancha Kosas* or five sheaths. These five sheaths - the physical body (*annamaya kosha*), vital or energetic body (*pranamaya kosha*), mental body (*manomaya kosha*), intellectual body (*vijanamaya kosha*), and bliss body (*anandamaya kosha*) - are layers “covering” our true nature - which is pure being / conscious awareness - often called the Self or *Atman*.

To sum up the teachings in three words: Thou are That (*Tat tvam asi*) - beyond name and form, ever free - Thou art That. The path of Yoga guides us to seek knowledge and understanding, not simply outwardly, but step by step within, to uncover our true nature, unbounded consciousness.

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.

**Looking for a yoga retreat weekend?** Rebecca will be teaching outside Cedar Rapids, Iowa at a center run by Franciscan sisters. May 30 - June 1st. [Click here for details!](#)

**Amazing Story:** [Civil rights icon Rosa Parks was a Yogi!](#) Click on the link for an interesting, inspiring read!

**March Spotlight - Willa Adams** - long time CWB yoga student!



Q: How long have you been practicing?

A: I have been practicing for 20 years! In 2005 I was in Jean's intro class when she announced that Becky, one of the Center's teachers from the past, had her baby. I didn't know anyone at the time, but I remember that someone involved with yoga had a baby and Jean's class inspired me to give yoga a try!

Q: Your favorite pose?

A: My favorite pose is Ardha Chandrasana, half moon pose. Having two limbs on the floor, the head lower than the hips and two limbs in the air I feel suspended in space and I see the world from a different a point of view.

Q: Most challenging pose?

A: On any given day, any pose can be challenging. Navasana whether full or half boat pose challenges every part of me.

Q: One tip for a new student - what would it be?

A: My advice to a new student is be patient with yourself. This is your practice, no need to compare yourself to others in the class.

Q: Anything else you would like to add?

A: I appreciate the truisms that have stuck with me. When things on or off the mat get difficult or frustrating I remember Dean saying, "Just be in the moment." Or Rebecca's practice of uttering Om as I breathe in and out - has many times centered and calmed me both on and off the mat. Just be in the moment...Om...and breathe!

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Thank you one and all 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)

