

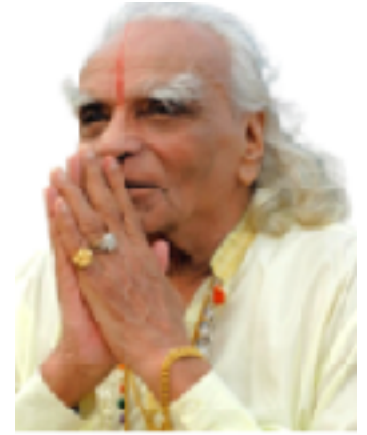
September 2024 Newsletter

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,

A structured approach is foundational in classical Indian logic and philosophy; hence debates and discussions are conducted in a rigorous and systematic manner. The Sanskrit terms *Paksa*, *Pratipaksa*, and *Bhavana* are used. *Praksa* - an initial proposition is made. *Pratipaksa* - an opposing argument is presented and *bhavana*, the process of evaluating both with logic and reasoning are used to understand and make a judgment.

Interestingly, Patanjali in *Yoga Sutra* 2.33 uses these same terms as a means for self study and reflection! “Principles which run contrary to Yoga are to be countered with the knowledge of discrimination”. Here in our yoga practice, *paksa pratipaksa bhavana* refers to an internal measuring and balancing process, a process to cultivate “the knowledge of discrimination”. In our yoga asanas and pranayama, *paksa pratipaksa bhavana* guides us to focus our consciousness left and right, front and back, top and bottom, externally and internally to bring inner harmony and health. It is a key to success in Yoga.

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.

September Spotlight - on **Uma Belegundu** - CWB yoga student (& gourmet Indian cuisine cook)



How long have you been practicing?
I have been practicing since 2014.

Your favorite pose? Supported Setu bandha asana. This asana helps with my lower back issues.

Most challenging pose? Balancing poses- I find it very challenging

but manage with support. My aim is to do it without support one day.

One tip to a new student - what would it be? Be open with your teacher. All the knowledge we acquire in this world comes only through our Guru/teacher and we must be openly honest about our weaknesses and limitations so that they can help us navigate these. I have personally learnt how to use the props, thus enabling me to help myself with yoga practice.

To learn about Uma's free online cooking classes, see the link below!
[Welcome to Dakshin Indian Cooking!](#) The video classes are wonderful!

[Guruji B.K.S. Iyengar's 10th Puyatithee \(August 2024\)](#): To honor and celebrate the life, teachings and legacy of Shri B.S.K. Iyengar on the 10th anniversary of his passing, his granddaughter Abhijata and Prashant, his son, both give insightful presentations on this occasion at the Iyengar Institute in India. **[Click on this link](#)** to watch! (Please

note the first 12 minutes or so, have distorted colors and sound problems.)

CWB T-shirt order update: Thank you for your patience! We expected them to be ready much earlier. Due to circumstances beyond our control, but within the t-shirt company, the t-shirts are now scheduled to be completed and delivered by September 6.

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)

