

June 2025 Newsletter

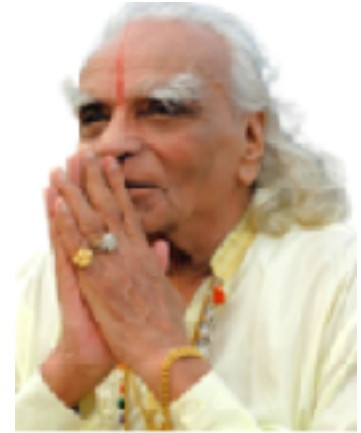
Iyengar Yoga at the Center for Well-Being

Dedicated to the teachings of Yogacharya

Shri B.K.S. Iyengar

Yoga News is Good News!

Dear Friend in Yoga,



Pranayama is one of the elixirs of life and a cornerstone in a balanced and complete Yoga practice. Correctly practiced, pranayama or the Yogic art of breathing - refreshes both body and mind, and brings control of the emotions, mental poise, stability and focus. Like learning to play a musical instrument, practice and guidance are indispensable. The Iyengar method teaches pranayama in a methodical and progressive manner providing a sound foundation for understanding, developing and refinement of this art. As one must learn the scales first before playing a symphony, the same is true for pranayama. So one should proceed with care, alertness and if possible, under the tutorage of a qualified teacher.

The *Yoga Sutras of Patanjali*, *Hatha Yoga Pradipika*, *Bhagavad Gita* and other important sacred texts, all indicate the importance of pranayama and indicate that is much more than simply breathing techniques. It is a gateway to self reflection and spiritual awakening - a worthy endeavor!

Join us for [Yoga at the CWB](#). We offer a wide variety of classes (including pranayama) 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.

She's Back ... almost! We are pleased to announce that **Caitlin Smith** will be moving back to State College in August! In September, she will teach a *Fundamentals Series* for new students, those who have been away or just want a refresher on the basics. Additionally, Caitlin and Jean will alternate teaching an All Level class on Saturday mornings! Stay tune for details.

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!](#) And in [New Orleans June 8th!](#)

June Spotlight - Cate Fricke - CWB yoga student!



Q: How long have you been practicing?

A: I started regularly practicing Iyengar yoga in 2022 after years of an on again, off again relationship with Vinyasa. Injuries from an accident in late 2023 set me back quite a bit, so in many ways I still feel like a beginner.

Q: Your favorite pose?

Q: Most challenging pose?

A: My favorite pose is also my most challenging pose, because it's the one I feel I've made the most progress on: Handstand. I'm proud of the arm strength I've built and now need to hone the nerves to kick myself up!

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

A: Iyengar can be intimidating at first (especially when everyone goes upside down). But what I love about it is how, when you slow down in a pose, you learn so much about your body and how it works. You notice muscles you weren't aware of, and not just because they're sore afterwards, but because they're talking to you in the moment. So don't worry about what everyone else is doing, and embrace the chance to learn more about your own strength.

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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)

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It is not impermanence  
that makes us suffer,  
What makes us suffer is wanting  
things to be permanent, when they are not.

\_ Thich Nhat Hanh