

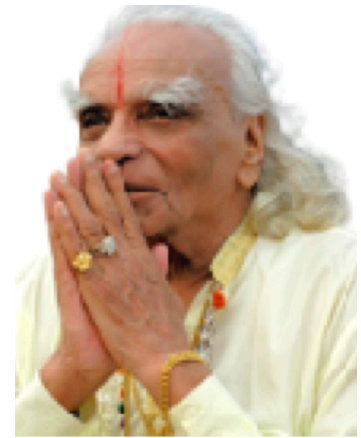
May 2026 Newsletter

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,

The single most important thing in a yoga practice isn't a pose, flexibility, or strength – it's **awareness**. In traditions like Yoga philosophy, yoga is fundamentally about cultivating a deep connection between your body, breath, and mind. Everything else – balance, flexibility, stress relief, improved health – flows from that, are “side-benefits”.

Here's what “awareness” really means in practice. Your breath (*Pranayama*) anchors you in the present moment. Paying attention to it helps regulate your nervous system and keeps you from pushing too far. Instead of rushing through poses, you stay present (mindful movement) with each sensation – how your muscles feel, where you're tense, where you can soften.

A key idea in yoga is *Ahimsa* – non-violence, being kind to others and yourself. That means not forcing poses or comparing yourself to others. Consistency over intensity is important. A short, regular practice is far more powerful than occasional intense sessions. Listen to your body which changes daily. The “best” practice adapts to that instead of fighting it.

If you focus on one thing each time you step on the mat, make it this: “Am I paying attention?” Everything else in yoga grows naturally from that.

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.

~ ~ ~

Saturday Special with **Caitlin Smith** - *The Path to Padmasana* (lotus pose). All levels are welcome. Modifications will be given. **Saturday, May 2nd** from **9 - 10:30 am**. For additional information, [click here!](#) Register via Punchpass.

Change in Schedule! Please note, beginning May 6th, Amy’s Wednesday 8:30AM class will be **one hour** (not 1.5 hr).

Yoga for Strong Bones with **Kate Marshall-Chase** - a popular four class series emphasizing maintenance and improvement of bone density, muscle strength, balance and posture through Yoga. **Sunday, April 12, 19, 26 & May 3rd** from **3 - 4:30pm**. For additional information, [click here!](#) Register via Punchpass. Specific pass required.

Restore & Restore & Sound: Join **Caitlin** for a restorative Iyengar yoga class followed by a sound healing session with *special guest* **Carol**

Lindsay. The class will soothe your nervous system. It consists of an hour of restorative postures using abundant props to provide a deeply supportive practice, followed by 30 minutes of meditative sound healing. **Sunday, May 17th from 12:30 - 2pm.** For additional information, [click here!](#) Register via Punchpass. Specific pass required.

Going to the Convention! Later this May, four of our teachers will be attending the 2026 Iyengar Yoga Association Convention in Philadelphia along with teachers and practitioners from across the U.S.! This comes 50 years after B.K.S. Iyengar first came to Philadelphia! For this auspicious gathering his grand daughter Abhijata Iyengar will be traveling from India to teach for 5 days.

Upon their return, Rebecca, Briel, Caitlin & Kate will be sharing the teachings and their experiences with you all.

~ ~ ~

May Spotlight - Ned Balzer - CWB yoga student!



1. *How long have you been practicing?*

I first started practicing yoga around 1990, in Oakland, California, with Rodney Yee. After Margie and I had kids, yoga and a lot of other activities took a backseat. After we moved to Lemont and I got to know Kate Marshall-Chase and other cyclists, I came to know about the Center for Well-Being. Margie resumed her yoga practice several years before me. It wasn't until around 2022 when the Center reopened for in-person

practice after the pandemic that I started doing yoga again.



2. *What is your favorite pose?*

My favorite pose is downward dog. I find it always helps to realign and stretch me. I also like other foundational poses: *tadasana* and *uttanasana*, and the triangle and warrior poses.

3. *Most challenging pose?*

Most of them, LOL! I would like to get better at half-moon pose.

4. *One tip to a new student - what would it be?*

For a new student, don't be afraid or intimidated. The teachers at the Center are attuned to the particular challenges any student faces and can help you modify them. It's all about getting to know your own body and what it can or cannot (yet) do.

5. *Anything else you would like to add?*

I am grateful for the Center and the community I've found there and the way it fits into the village of Lemont.

~ ~ ~

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

“Be quiet in your mind, quiet in your senses, and also quiet in your body. Then, when all these are quiet, don’t do anything. In that state truth will reveal itself to you.”

_ Kabir