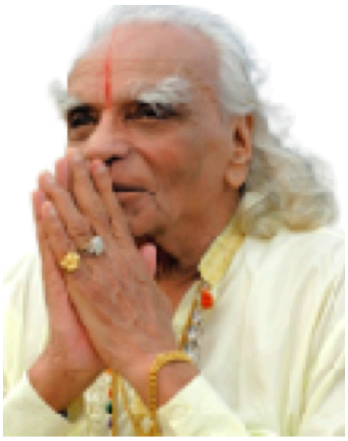
November 2026 Newsletter



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,

Last month discussion began exploring *Atha* or "now" (please click the link for a refresher)- and here we will continue: Patanjali states in the *Yoga Sutras* that attachments, wants, and desires or aversions, hatred, and anger afflict and disturb the mind (II.3-11), cause unrest, and keep us from a state of yoga. In all cases, these attachments and aversions are related to the mind and psychological time - past or future. The mind can only exist in time, past or future. When we are fully present in the moment, there are no likes or dislikes, no sense of I-*ness* or separateness. The mind rests poised in the eternal present. Only then is the thinker thought-less, and the knower who dwells behind the thinker "abides in his own grandeur", at one with being. This is dhyana or a meditative state, the first ray of enlightenment and profound transformation of consciousness.

How can we cultivate this practice of being fully present in the moment? Begin to observe your mind carefully. Observe during asana practice, during pranayama practice, and in your daily life. How, when, and in what ways is your mind bound to time, attached to the past or future, and therefore in denial of the present? Observation is the first step.

Shri B.K.S. Iyengar once said, "Presence of mind is divine." To be present in mind is to be alert to what is. It is spiritual living. Any positive changes to our consciousness and life can only occur "now." Living fully can only be experienced and happen now. All spiritual teachings point to this. "Now begins 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.

Saturday Special with **Caitlin Smith** - Explore the **Neck and Shoulders** in various, helpful ways in this class! Appropriate for all levels. Modifications will be given. **Saturday, November 21st 9 - 10:30 am**. Register via Punchpass.

IYNAUS **Coast to Coast** online classes November 6 - 8!
9 Certified Teachers over 3 days! ***Free*** to IYNAUS members.
(Rebecca teaching Saturday, November 7 at 4 pm!) Click here to register. Or if not a member, click here to join IYNAUS.

Plan ahead! Feathered Pipe Ranch 2027! - June 26 - July 3 with Rebecca! Registration is now open! Join Rebecca for a week long retreat in the mountains of Montana outside of Helena, MT! FPR is a very special place! All levels welcome! Click here for more info and to register!

November Spotlight - Ruth Merritt CWB yoga student! ????



1. *How long have you been practicing?* I am 74 years old and started yoga classes at the Center for Well Being in 2012, 14 years ago, at age 60. My husband retired in 2012, and by golly, I retired then too, so we could continue our love of gardening, hiking, camping, canoeing and skiing full time.

I was in decent physical shape at my early retirement age yet somehow knew developing a yoga practice would broaden and deepen my physical acumen. Little did I know it would also broaden and deepen my mental and spiritual aspect as well.

2. *What is your favorite pose?* My favorite pose is the one I am being taught by one of the Center's fine teachers! However, a supported shoulder stand (*Salamba Sarvangasana*) is a pose I do almost every day. I have my share of hip arthritis and back issues yet when I am in this pose, my body stretches and opens up the space I need to relax and withdraw from my aches.

3. *What is your most challenging pose? Parivrtta Trikonasana* is my most challenging pose. Alas, there are others and most fall into twisting poses, such as *Ardha Matsyendrasana* or seated twist pose.

4. *One tip to a new student - what would it be?* Accept your body as it is, commit to a daily yoga practice, even if it is just a few poses, and try to take a class, be it one class a week, or a month, whatever your busy life can accommodate.The Iyenger teachers will provide expert guidance and in time, even if it is many years, your body will learn essential poses. These poses will be like gold in your pocket, a reward you can reap every day, anywhere, anytime.



5. *Anything else you would like to add?* The Center's Iyengar yoga teachers are the finest teachers I have encountered in my somewhat long life as a student of many disciplines. Now, as my practice changes because of my aging body, these teachers know how to help and support me in my poses. I am grateful for my relationship with them, and thankful our community has the Center for Well-Being.

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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

"It is never too late to be what you might have been."

— George Eliot

"If the practice doesn't make you kinder, your should stop practicing because you are missing the point."

_ B.K.S. Iyengar