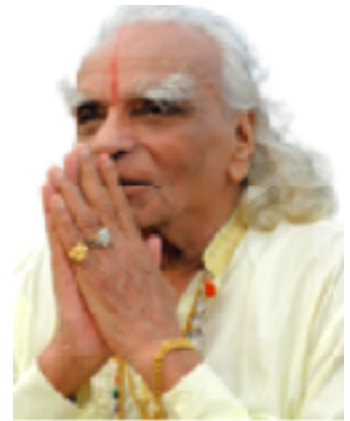


## November 2023 Newsletter

### 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,

November is a month of seasonal and personal transition as well as of gratitude and reflection. Sadly, the national and world stage continues to display violent human nature. To aid our community and world, let's consider our ability to culture our own self, to bring understanding and love to the forefront. This can be accomplished through our yoga practice.

According to the Yoga Sutras of Patanjali, the practice of Yoga minimizes the five kleshas or afflictions and leads to realizing our essential nature and a fulfilled life (YS 2.2). These afflictions are:

1. Avidya (ignorance): Avidya is the fundamental cause of all suffering. It refers to a lack of spiritual knowledge and understanding, leading us to mistake life's temporary and fleeting aspects as permanent and fulfilling.
2. Asmita (ego): Asmita refers to our sense of self or ego. When we identify too closely with our ego, we become attached to our self-image and cannot see beyond it, causing us to feel separate from others and the world around us.
3. Raga (desire): Raga refers to our attachment to things and experiences that we perceive as pleasurable or desirable. When

we become attached to these things, we create a sense of craving and grasping, leading to suffering when we cannot obtain or hold onto them.

4. Dvesa (aversion): Dvesa refers to our aversion or avoidance of things and experiences that we perceive as unpleasant or undesirable. We create a sense of fear, anger or hatred, leading to suffering, when we cannot avoid them.

5. Abhinivesha (fear of death): Abhinivesha refers to our fear of death or attachment to life. When we are too attached to life, we may feel a sense of desperation or anxiety when faced with the inevitability of death, change or loss - ultimately leading to more suffering.

Minimizing the klesas through yoga and self-awareness can lead to benefits such as inner peace, reduced suffering, improved mental clarity and a deeper connection to one's true self ~an excellent antidote to our world's imbalance.

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**[Click on this link](#)** to see the Center's Yoga schedule! Remember to check online before going to class. Sometimes, during the Holiday season and varying schedules, a class may be canceled.

**Sunday Specials this month at the Center! 4:30- 6 pm:**

**November 5th with Briel** - Let go and breathe: A dynamic sequence of active poses, poses held for longer periods and restorative poses (Focus on moving with breath and cultivating Santosha in our practice).

**November 19th with Amy** - Be grateful: Take your practice deeper as you learn to practice with gratitude, grace and an open heart (focus on balancing poses followed by restorative poses).

**December 3rd with Briel** - Warm up: Get your blood flowing with some warming poses as we move into the colder months. One hour of Asana followed by a half hour of herbal tea, treats and guided discussion.

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Consider joining [IYNAUS](#). There are many perks to supporting our national Iyengar yoga association (IYNAUS) with your membership. One benefit is the weekly, one hour, online [interactive sessions with Prashant Iyengar](#) on the philosophy of yoga! Visit [IYNAUS](#) if interested!

[BKS Iyengar: Narration & Interview](#)- click on the title to watch a wonderful and insightful video, albeit brief, about Guruji's life including some vintage footage! Enjoy!

It was a special honor to host the **monks** of the [Tashi Kyil Monastery](#) at the Center! They are a wellspring of the Buddha's teachings and shared stories, led prayers, a meditation, Q & A and performed a special dance. They are on a USA tour to raise awareness and donations for their monastery. Thanks to Shih-In Ma for organizing!



Namaste & Love  
Dean and Rebecca



Kate, Brucie, Kelly, Jean, Dean, Rebecca, Briel & Amy (center)