

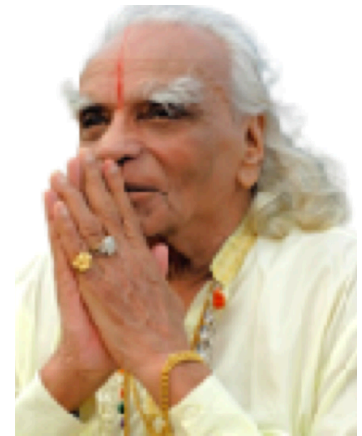
February 2026 Newsletter

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,

Yoga can support balance in life in a very practical, lived way – not only as a philosophy, but as a daily practice that trains your body, mind, and nervous system to work together. Here’s how it helps, layer by layer.

Physical balance brings mental balance. Yoga literally trains balance through poses (standing on one leg, moving slowly, holding steady). Over time, this improves body awareness and coordination, teaches you how to stay steady while things wobble, and builds patience instead of forcing control. This experience translates into life: you learn how to adjust, not panic, when things feel unstable.

Breath regulates your nervous system. Yoga places huge emphasis on conscious breathing. Slow, deep breathing activates the parasympathetic nervous system (calm & restore), reducing stress, anxiety, and emotional reactivity. When your nervous system is balanced, decisions feel clearer and emotions are easier to manage – key ingredients for life balance.

Yoga increases mindfulness and awareness. You notice sensations, thoughts, and emotions (vrittis) as they arise and learn to respond instead of react. Consistency over intensity - Yoga teaches that progress comes from showing up regularly, not pushing to extremes. This encourages sustainable habits. Additionally, Yoga promotes acceptance and effort (the sweet spot), finding a balance of two essential qualities - effort and ease (discipline, commitment and compassion, rest). Layer by layer, Yoga cultivates wholeness.

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.

Yoga for Strong Bones with **Kate Marshall-Chase** - a four class series emphasizing maintenance and improvement of bone density, muscle strength, balance and posture through Yoga. **Each Sunday in February** from **3 - 4:30pm**. For additional information, [click here!](#) Register via Punchpass.

Saturday Special with **Caitlin Smith** -Finding ease in the *parivrtta* asanas. The *parivrtta* (revolved) poses can feel challenging, restrictive, and sometimes confusing. In this class, we will learn how to use the organs of action, the arms and legs, to bring more lightness and freedom in the spine allowing you to achieve greater steadiness and inner quiet in revolved asanas. **Saturday, February 7th** from **9 - 10:30am**. For additional information, [click here!](#) Register via Punchpass.

The Art of Teaching Twists with **Rebecca (Online/Hybrid)** - Twists provide an opportunity to clarify our instructions, teach about the breath and to help students go further. Rebecca will lead this workshop for CIYTs and aspiring teachers including how to add modifications and alternatives, use of props, how to handle common mistakes with verbal and manual adjustments. Rebecca will also address the best approach for manual adjustments for twists which Tori, at the NYC Iyengar Institute, will assist with in-person students. Online participants bring a peer or student to work with if possible! **Saturday, Feb 28th** from **2 - 4:30pm**

For info or to register, contact [Tori Milner](#) or [IYAGNY](#)



February Spotlight - Terry Stambaugh-
Longtime CWB yoga student!

1. *How long have you been practicing?* I have been practicing for 25 years. I started right after I retired in my home town. When I moved to State College in 2007 I found Iyengar Yoga at the Center for Well-Being through a massage with Amy Rumbel.

2. *Your favorite pose?* I have two favorite poses for different reasons. I like the Gnomukasana Arms because it requires some extra physical challenges that many in the class have not mastered. I

also like Trikonasana because it is a standing pose that involves the entire body without same level of balance control that most of the standing poses require.

3. *Most challenging pose?* Warrior Three, Virabhadrasana. For me it is the most challenging of the standing poses we regularly do in class. I found that the standing poses in a small room at home more doable than in studio. Standing in front of a mirror makes poses like the tree pose much easier for me.

4. *One tip to a new student - what would it be?* Fear not. There is a wide variety of abilities in a class and everyone started as a beginner so there are no judgments. Also I would recommend starting in a smaller class where you are likely to have more input from the teacher than in a typical "y" class. Try different teachers and find the one that matches your style or needs and then occasionally attend a class led by another teacher.

5. *Anything else you would like to add?* I try to do some home yoga every day, first thing when I get up. I mix yoga with some additional stretches. It is a good way to reflect on the new day and slow the urge to rush into the first thing that comes to mind.

~~~

Thank you one and all for being a part of the Center!  
We appreciate you!

Love and namaste!

Dean and Rebecca



Kate, Rebecca, Briel, Amy, Dean, Jean, & Caitlin