

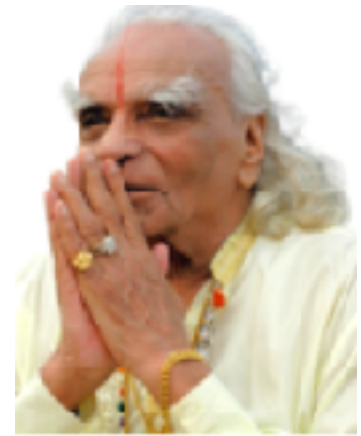
December 2024 Newsletter

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,

Got pre and/or post election strain? Pre-holiday stress? No problem, if you Got Yoga! Good, bad or in between - Yoga cannot change what happens in the world or your life, but it can transform how you perceive and respond to life's ups and downs. Yoga serves as a stabilizing factor in life by promoting balance—physically, mentally, and emotionally. It helps create a foundation of well-being that can support you in navigating life's challenges with more resilience and clarity.

As a spiritual practice, Yoga helps you to connect with your inner Self and establish a deeper sense of purpose and inner peace. This connection can create a stable foundation for you to better cope with life's challenges, maintain emotional resilience, and provide a steady, grounded foundation for everyday living.

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.

December Spotlight - Lisa Lawrence Long time CWB yoga student!



Q: How long have you been practicing?

A: I first started yoga at the State College YMCA with Amy as my instructor. It was a great experience and I enjoyed it very much but, as can happen, my life got pretty busy with work and kids so I stopped for several years. Then about ten years ago I started coming to the Center to take classes. I was hooked again!

Q: Your favorite pose?

A: Warrior II pose is one of my favorites. I like its strength and focus.

Q: Most challenging pose?

A: My most challenging pose is Headstand. I'll keep working on it, strengthening my shoulders and my core.

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

A: Listen to your teacher, be open to learning and BREATHE

Q: Anything else you would like to add?

A: I learn something new every time I'm in class. It's a discipline that enhances and develops my mind, my body and my spirit.

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

Wishing you a wonderful holiday season!

Love and namaste!

Dean and Rebecca



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

