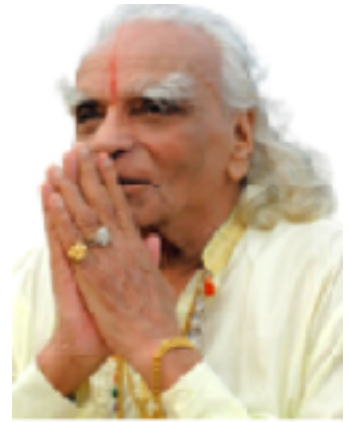


September 2023 Newsletter

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,

September, with its positioning at the end of summer and the beginning of autumn, is often seen as a transitional month. Spiritually, it represents endings and new beginnings. The autumn equinox occurs in September, representing a time of balance between day and night, as well as the transition from the warm to the cold season. It's a time for reflection and introspection, for personal growth.

Mr. Iyengar asked us to reflect: "Though man demarcates body, mind and soul, it is impossible to pinpoint where the body ends and the mind begins, or where the mind ends and the Self begins. They are interrelated and interwoven by the string of intelligence. Yoga / asanas will help transform an individual by taking the person away from an awareness of just the body, toward the consciousness of the soul." There is no better time than now to deepen your practice, reflection and devotion - the core qualities of Yoga which cultivate self transformation and evolution.

The new session in September heralds many offerings for you!

New! A one hour class, "**Strength and Stability**" with **Briel**, Monday mornings from 9 - 10 AM! Starts Monday, Sept 25th! This all levels Iyengar Yoga class will focus on building strength and stability within a balanced practice and will include inversions and modifications as needed.

Kelly Kennedy is back! ... after a summer break with “**Active Hour**” class, Wednesdays, 5.30 - 6:30 pm beginning Sept 6th. Feel the prana!

And ...

In addition to her online classes, **Rebecca** is back teaching in-person at the Center starting Sept 15th! Friday mornings, 9 - 10:30AM, an all level class.

Sunday Specials with **Amy & Briel** - continue this Autumn with a focus on a variety of special topics! Please [click on the link](#) to see the schedule!

Private Yoga lessons available from our teachers:

Private lessons provide a unique learning opportunity to receive direct feedback, insight and directions with a focus specific to your individual body, practice and needs. You can schedule a lesson by emailing our teachers directly. Teachers currently offering privates: [Rebecca](#), [Kate](#), [Jean](#) and [Briel](#). See [Fees & Information link](#) for prices.

Japa or repetitive prayer (mantra) is an important, yet somewhat understated part of Yoga practice. It has many positive and nourishing effects on the mental and subtle bodies including improved concentration, focus and stress reduction. Briel will be offering special classes on chanting (dates to be announced). Here is a sample, a video of the teacher / student chant or mantra.



OM
SAHA NĀVAVATU
SAHA NAU BHUNAKTU
SAHA VĪRYAM KARAVĀVAHAI
TEJASVI NĀVADIĪTAM ASTU
MĀ VIDVIṢĀVAHAI
OM ŚĀNTIḤ ŚĀNTIḤ ŚĀNTIḤ

May we both be protected,
May we both be nourished,
May we work together with vigor,
May our study together be brilliant,
May there be no discord between us.
Om, Peace, Peace, Peace

A Compassionate Eye: An Interview with Rebecca by Dan Schuman published in The Light, an IYNAUS publication. Click on the above link to read!

Namaste & Love
Dean and Rebecca



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

