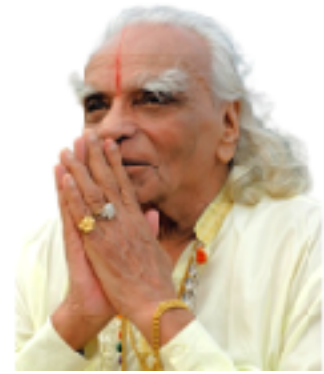


## May 2023 Newsletter

### 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,

Greetings and Salutations!

“May” is likely named after the Roman goddess Maia, who oversaw the growth of plants. May’s full Moon is called the “Flower Moon” and is a beautiful month for both hemispheres. In the North, spring is gradually blooming into summer, while the South celebrates the beautiful colors of autumn and its harvest. Let this May be the time for your Yoga studies and practice to bloom!

The body regenerates itself in two ways: exercise and relaxation. Iyengar yoga combines both. Yoga instruction at the Center is taught in a safe, orderly and progressive manner and is adjusted to meet the conditions and needs of each student. Each class blends dynamic poses with a guided relaxation to leave you mentally refreshed, uplifted and physically renewed. Perhaps this is what the May flowers are feeling!

Please join us and enjoy the plethora of classes we have to offer - both in person at the Center and online. Note most online classes offer class recordings available for 3 weeks. Check out our full [schedule of classes](#) and [Sunday Specials](#) at the Center for Well-Being!

### Teacher Spotlight: Kate Marshall-Chase

Meet Kate, a long time teacher at the Center (as well as Massage Therapist and co-owner of the Center). If you haven't had a chance to study with Kate yet, check out the video below with three shoulder balance set-ups and tips. Or better yet, join her for Tuesday morning class! You will be pleased you did!



## **Congratulations, Ginger!**

Thanks to those who participated in the Review Iyengar Yoga at the CWB on Goggle! And we have a winner! Ginger V - receives a free class! Thank you all!

Namaste and Happy May!

Dean & Rebecca