

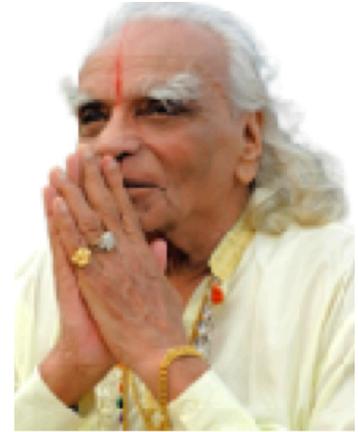
March 2026 Newsletter

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,

Why bother to practice Yoga, you ask? Because it quietly makes life easier in ways you don't notice until you stop doing it.

Your body hurts less.

Yoga builds strength *and* mobility at the same time, especially in joints and muscles that modern life challenges (hips, back, neck, shoulders).

Your mind quiets.

The breathing and slow movement combination tells your nervous system to calm down. Over time, stress doesn't hit quite as hard, and you recover faster when it does.

You get better at paying attention.

Yoga trains awareness – of your body, your breath, your reactions. That spills into daily life: fewer autopilot moments, better focus.

You age better.

Balance, flexibility, joint health, posture, and bone density matter more every year. Yoga keeps those systems “online”.

It meets you where you are.

You don't have to be fit, flexible, spiritual, or calm. Some days yoga is sweaty and strong; other days it's basically lying on the floor breathing – and both count.

It's practice, not performance.

You show up, notice what's there, and work with it. That mindset is surprisingly useful for relationships, work, and dealing with your own sense of self.

Yoga isn't magic, but if you want something that works on your body *and* your mind at the same time, it's one of the most efficient tools out there. Most importantly, yoga is a spiritual practice. It is a means to investigate life and your interconnection with it.

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.

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Change of Schedule: Please note that Caitlin's *Fundamentals* class, now 1.5 hrs, has moved to **Wednesdays, 5:30-7pm**. Gain a better understanding of the foundational Yoga poses and develop a balanced practice. [Register via Punchpass](#).

Saturday Special with **Caitlin Smith** - from *the Known to Unknown*: In this class we will explore the process of building sensitivity and moving awareness from the front body - the known realm, into the back body - the unknown, through backward extensions and inversions. All levels are welcome. Modifications will be given. **Saturday, March 7th from 9 - 10:30am**. For additional information, **[click here!](#)** [Register via Punchpass](#).

Restore & Refresh: Join **Caitlin** for a restorative Iyengar yoga class followed by a [sound healing](#) session with *special guest* **Carol Lindsay**. The class will soothe your nervous system. It consists of an hour of restorative postures using abundant props to provide a deeply supportive practice, followed by 30 minutes of meditative sound healing. **Sunday, March 15th from 12:30 - 2pm**. For additional information, **[click here!](#)** [Register via Punchpass](#).

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. **Sunday, April 12, 19, 26 & May 3rd** from **3 - 4:30pm**. For additional information, [click here!](#) [Register via Punchpass.](#)

51st Annual Day at RIMYI - Please click [HERE](#) - to watch and listen to Abhijata Iyengar (Mr. Iyengar's grand daughter) and others on the occasion of the 51st anniversary of the Institute in Pune, India.

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March Spotlight - **Ann Moellenbrock**- Longtime CWB yoga student!

1. *How long have you been practicing?* I started yoga at Center for Well-Being in the year 2000. I guess that means 25 years!

2. *Your favorite pose?* My favorite poses are down dog and the bridge pose (I still don't know the Sanskrit names).

3. *Most challenging pose?* I find standing poses most challenging. (Could have something to do with my bad knees)

4. *One tip to a new student - what would it be?* Just come, relax and know that your efforts are what is important. No matter your ability instructors will modify the poses to your needs.



5. *Anything else you would like to add?* I started yoga when I retired from teaching at age 58. I just felt it would help me remain flexible. I find yoga gives me much more – an awareness of my physical strengths and weaknesses and how to address those

weaknesses, and an overall feeling of well-being. Also, It has helped me maintain my flexibility!

Lost & Found: If you left a Yoga sticky mat at the CWB, please claim it soon or it will be integrated into our Yoga prop closet or donated to Goodwill. They have been there for weeks. Thank you.

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

Love and namaste!

Dean and Rebecca



Briel, Jean, Amy, Kate, Rebecca & Caitlin
(L to R)

The body regenerates itself in two ways -
exercise & relaxation.

Iyengar Yoga combines both!