

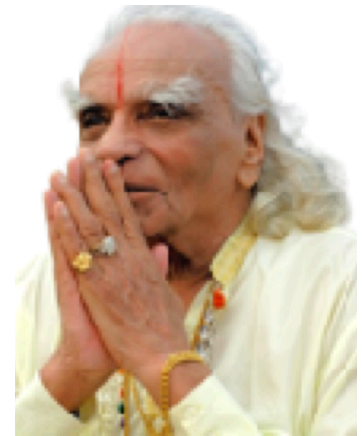
November 2025 Newsletter

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,

As a small child grows into a teenager, then adult, the growth takes place over time. It cannot happen overnight. Likewise transformation of mind will also take time. When we consider spiritual practice, we cannot inject specific qualities and suddenly transform the mind. Study, understanding and integration of the teaching are required. In B.K.S. Iyengar's *Light on Life*, the *Niyamas* – the second limb of the Eight Limbs of Yoga from Patanjali's *Yoga Sutras* – are explored not just as moral observances, but as vital elements for inner transformation. Iyengar offers deep, practical, and philosophical insight into how each Niyama applies to life and practice.

The five **Niyamas** as described in *Light on Life* are:

Sauca (purity and cleanliness) - He connects cleanliness with clarity – when we purify ourselves, freeing ourselves from mental clutter, ego, and negativity, we begin to see reality as it is.

Santosa (Contentment) - a state of acceptance and inner peace, regardless of external circumstances. Mr. Iyengar stresses that contentment does not mean complacency; it's about being at peace with what is, while still striving for growth. True contentment arises not from possessions, but from a balanced mind and a heart in harmony with life.

Tapas (Discipline / Burning effort) - Mr. Iyengar discusses *tapas* as essential for self-transformation: the fire of self-discipline and

austerity- purify the body, senses, and mind, building strength, courage, and resilience.

Svadhyaya (Self-Study / Study of Sacred texts) - Mr. Iyengar encourages self-observation during yoga practice – seeing the play of ego, emotion, and habit. He also connects *svadhyaya* to studying texts that help unveil the nature of the self and consciousness (texts such as the *Yoga Sutras*, *Bhagavad Gita* or the *Upanishads*).

Isvarapranidhana (Surrender to God/Divinity) - means offering the fruits of your practice and life to something greater than yourself. For Iyengar, this surrender is not weakness, but a deep trust in the flow of life and a release of ego-driven control. It means cultivating humility and devotion.

In *Light on Life*, Mr. Iyengar emphasizes the Niyamas are not rigid rules, but tools for living a meaningful, centered life. They form the foundation of “inner yoga”, helping us to develop character, integrity, and clarity. His interpretation brings them back to practical application, especially through the practice of asana and pranayama.

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.

In person Yoga workshop with **Rebecca Lerner** November 14 -16 in Portland, Oregon! A wonderful way to deepen your practice and visit the beautiful Pacific NW! [Click Here](#) for more information!

IYNAUS Convention with Abhijata Iyengar - will be held in Philadelphia May 22 - 27, 2026! A wonderful opportunity to study directly with Guruji’s grand daughter and head teacher at the RIMYI

in Pune, as well as share the camaraderie of like minded practitioners. [Click here for more information.](#) Registration is open!

November Spotlight - Mary Wujek - Longtime CWB yoga student!



1. How long have you been practicing?

I was first exposed to yoga when I was in high school. It seemed super boring and spacey. When I started working in San Francisco, I joined a group of friends who practiced together at lunchtime to audio recordings of a local teacher (and a book by Raquel Welch!).

My first experience with Iyengar yoga about 34 years ago, when I was pregnant with my first daughter. Now full circle, both of my daughters have accompanied me to Ocamora, NM for Yoga retreats. I am so grateful my daughters have learned the value of a yoga practice. Their experience in Ocamora with Dean, Rebeca, and the talent show sealed the deal.

2. Your favorite pose?

Trikonasana (Triangle pose). In Triangle pose, I find myself imagining that my limbs and spine are being lightly pulled apart, and I love that

feeling. I also like how it can progress into other poses, like side angle, revolved, and half-moon poses. Likewise, Upavistha Konasana (seated wide angle pose) is similar and complementary to Triangle pose and incredibly challenging for me.

3. Most challenging pose?

After some shoulder problems, returning to classical inversions have become challenging, but I still like to try them. The use of props in Iyengar Yoga really comes in handy for making safe progress especially when working with an injury. Even if I don't quite achieve the full pose, I feel that I get some of its benefits.

4. One tip to a new student - what would it be?

To me, one distinctive value of Iyengar Yoga, use of props, can at first be confusing. Therefore, be patient. It takes some time to learn proper placement both of your self and the equipment. But that is where the magic is! You will learn how good the proper and therapeutic position feels!

5. Anything else you would like to add?

I appreciate learning from all the different teachers under one roof. Every one of the teachers at the CWB is so well-trained, kind, and effective. When I moved to State College in late 2013, I had been taught by an Iyengar-trained teacher in San Francisco for about nine years. He had retired to Thailand, but we kept in touch. When I wrote him that I had found a nice school in Lemont, he replied, " You have found the best yoga school in the US, if not the planet!" I agree!

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



Love and namaste!

Dean and Rebecca



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

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In Fond Memory of Jerry Maddox

March 6, 1932 - October 28, 2025

A dear friend and dedicated yoga practitioner at the CWB for 37 years, Jerry holds a special place in our hearts.

"Arise! Awake! And stop not until the goal is reached. True spirituality comes from within through self-discovery rather than external teaching."

_ Swami Vivekananda

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## **Jean in Ireland**

### **Balancing life**

