

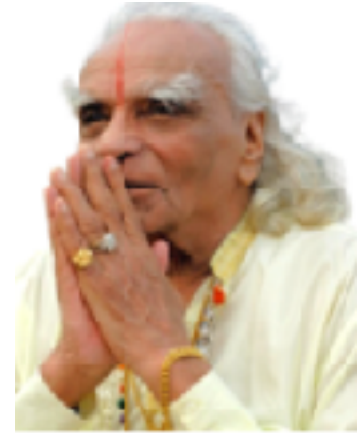
February 2025 Newsletter

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,

Problems are part of life. Patanjali acknowledges that obstacles are a natural part of the spiritual journey. In the *Yoga Sutras*, he states that impediments on the path of yoga include: **disease, dullness, doubt, carelessness, laziness, distraction, lack of perseverance as well as sorrow, despair, unsteadiness of the body and irregular breathing.** These hinder progress in meditation and spiritual practice. However, he offers a clear roadmap: through persistent effort, cultivation of mental discipline, and detachment, the practitioner can transcend the afflictions and distractions that keep them from experiencing their true, liberated state. By cultivating the two qualities, practice and renunciation, a practitioner can gradually dissolve the obstacles and reach a state of mental clarity, peace, and self-realization.

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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**February Spotlight - Marie Hornbein - long time CWB yoga student!**



Q: How long have you been practicing?

A: Oh, those were the days...I first practiced Yoga with Theresa Rowland starting 1984. It was a life saver because it helped me survive my divorce. Around 1985, when Theresa left State College, our yoga group decided to advertise in the *Yoga Journal* to find a new teacher. Fortunately, Dean moved from Texas to State College to take over Theresa's practice. Shortly thereafter, Rebecca came and together with Kate Marshall-Chase, built the Center for Well-Being.

In 2001, I married and moved to Penns Valley and found it too crazy to commute to work and continue yoga lessons at the Center. I took classes in yoga, pilates, weight-lifting, but I missed the CWB. Thanks to the pandemic, (am I nuts to say that?) I discovered that Kate was teaching via Zoom! By then, I was retired so I started taking classes from Kate who encouraged us to develop our own practice routines. Now I attend class and do my own practice several times a week.

Q: Your favorite pose?

A: My favorite pose is Virabhadrasana III because it makes my heart feel light, hanging in the air.

Q: Most challenging pose?

A: Most challenging pose is Supta Vajrasana due to a knee injury.

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

A: The first pose of the day is the hardest. If you give yourself permission to do the first pose, then the practice will follow.

Q: Anything else you would like to add?

A: I'm celebrating my 80th year – happy, healthy and so grateful!

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

Wishing you a wonderful New Year!

Love and namaste!

Dean and Rebecca



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

You never know who might drop-in to Rebecca's zoom Yoga classes! Below Mira (Rebecca's daughter.. and grandsons), Simon & Felix stopped in to say "Hello"!



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Ego says: Once everything falls into place, I will find peace.

Spirit says: Find peace and everything will fall into place.