

## April 2025 Newsletter

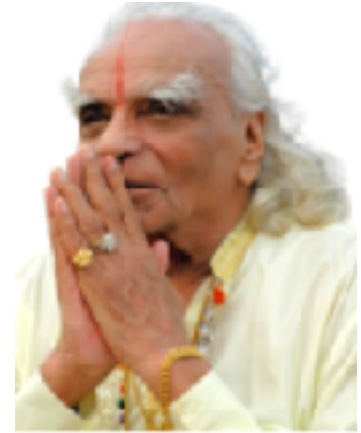
### Iyengar Yoga at the Center for Well-Being

Dedicated to the teachings of Yogacharya

Shri B.K.S. Iyengar

### Yoga News is Good News!

Dear Friend in Yoga,



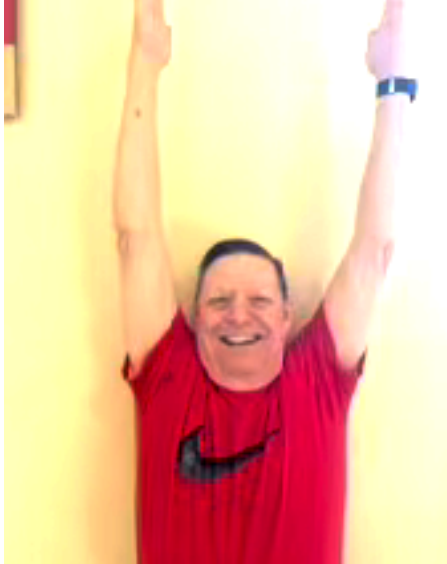
Science investigates and measures external, physical things - from the minutest to enormous. Through science and technology, especially in Western countries, our knowledge today has vastly expanded. However, knowledge regarding our mind and our inner nature is limited, because consciousness is formless. Consciousness cannot be touched or seen or measured with instruments. This is the spiritual quest - "who am I"? This inner investigation can only be known through intelligent inquiry, through Yogic methods, meditative practices and techniques. What could be more worthwhile? Once we begin the inner journey, it is up to us to continue and persevere. As stated in the B'Gita, "No effort is lost on the path of Yoga."

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.

**Looking for a yoga retreat weekend?** Rebecca will be teaching outside Cedar Rapids, Iowa at a center run by Franciscan sisters. May 30 - June 1st. [Click here for details!](#)

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**April Spotlight - Randy Baker** - long time CWB yoga student!

Q: How long have you been practicing?

A: It has been a little over 20 years. I started with Kelly Kennedy when he taught a once-a-week Iyengar yoga class at our local YMCA. I was dealing with some knee issues from running and I was looking for something that might have less impact on my joints. His weekly yoga class helped with the joint pain and increased my flexibility. After some months, he mentioned the Center For Well-Being yoga classes as a place I might enjoy to expand my yoga experience. It has been a good decision.

Q: Your favorite pose?

A: Salamba Sarvangasana. It is a wonderful inversion. When I "get it right", it becomes almost weight-less and peaceful.

Q: Most challenging pose?

A: There are many but one example, for me, would be Parivrtta Parsvakonasana. The revolving component plus the need for maintaining balance makes this (and the other revolving - balance poses) a challenge.

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

A: Listen to your teacher. They bring out the various nuances of Iyengar yoga.

Q: Anything else you would like to add?

A: Yes, yoga can be defined as an exercise, but it is more than just an exercise. Fully embrace the experience.

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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)