

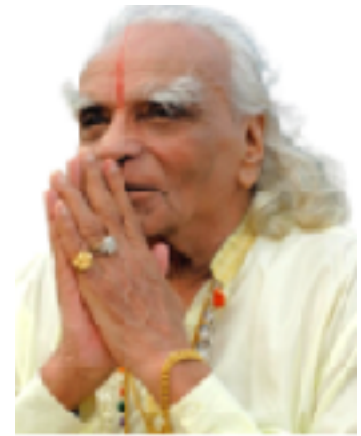
November 2024 Newsletter

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,

Pranayama is to Yoga what the heart is to the human body, said B.K.S. Iyengar. Pranayama is a crucial aspect of yoga, playing a significant role in enhancing both physical, mental and spiritual well-being. It involves various breathing techniques that regulate the breath, increase lung capacity, and promote relaxation. More than breathing, it is a direct means to access Prana - the vital life force and a pathway to higher states of consciousness! Here are some key points about its importance:

- **Breath Control:** Pranayama teaches you how to control your breath, which can lead to better oxygenation of the body and improved energy levels.
- **Mindfulness and Focus:** It encourages mindfulness, helping to calm the mind and improve concentration. This can enhance your overall yoga practice and daily life.
- **Stress Reduction:** The breathing techniques can reduce stress and anxiety, promoting a sense of calm and emotional stability.
- **Physical Benefits:** Pranayama can improve lung function, enhance circulation, and support the immune system.
- **Spiritual Growth:** Pranayama can aid in spiritual development, helping to deepen meditation practices and connect with a higher sense of self.

Overall, pranayama complements the physical postures of yoga (asanas) and contributes to a holistic practice that nurtures the body, mind, and spirit.

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.

November Spotlight - **Nick Bolgiano** Long time CWB yoga student and man of many talents!



Q: How long have you been practicing?

A: I started in January, 2009, at the Y with Amy as teacher. But there is a story behind this. In June, 2007, I broke my right foot in three places. Two surgeries and 18 months later, the prospect of walking pain-free seemed out of reach. When I started yoga, my foot would hurt for two days after a class, but after a year, this hurt lasted only one day. So, I added Kelly's class

at CWB. One day near the end of 2010, I realized that I had stopped thinking about my foot. What a superb result! I could now resume my treasured long rambles that combine bird finding, trail clearing, and walking meditation.

Q: Your favorite pose?

A: While standing poses are my favorite group of poses, my favorite is the king of poses, sirsasana or headstand. I like it because it is difficult and I can do it.

Q: Most challenging pose?

A: My lower spine is mostly inflexible and this condition worsened two years ago. Many bending poses are challenging for me, with probably the most challenging being upavista konasana. It is hard for me to move in that position. After returning to the CWB after the covid shutdown, I couldn't do some poses or enjoy certain classes like I previously did. I concluded that I needed to focus on improving my core strength and flexibility by taking classes that emphasize standing poses, forward bends and twists, and perhaps a few mild backbends. So, I switched from mostly four-week sequence classes to mostly Briel's and Kelly's classes and now body, heart, and mind are all pulling on the same oar, just like they did for my foot.

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

A: Whether it is the three Oms at the beginning of class or getting into a pose, imagine yourself doing your best version, then exhale and go for it. It helps with the poses if you start with the Oms.

Q: Anything else you would like to add?

A: Current news makes evident the many problems in our world. We can best be good citizens by opening our hearts and living with energy and kindness. A regular heart-opening practice in yoga class is an excellent way to keep one's heart tuned up.

Thank you 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)

“Love is the only reality and it is not a mere sentiment. It is the ultimate truth that lies at the heart of creation”. _ Rabindranath Tagore