

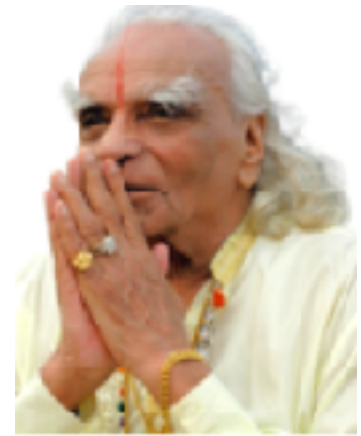
October 2024 Newsletter

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,

A combination of factors are involved for success in Yoga.

Consistency is essential. Regular practice, even a short time daily, builds strength, flexibility and mindfulness over time.

Mindfulness - staying present and aware during your practice helps deepen your experience and promotes a stronger mind-body connection.

Patience - progress can be gradual. Embrace where you are and give yourself time to grow without comparison to others.

Breath Awareness - focusing on your breath enhances your practice, helps with relaxation, and nurtures internalization.

Open mind- approach your practice with curiosity and a willingness to learn. This openness can lead to deeper insights and growth.

Adaptability - listen to your body and adjust your practice to suit your needs, whether that means modifying poses or your practice.

Setting intentions - establishing a personal intention for your practice can provide motivation and direction.

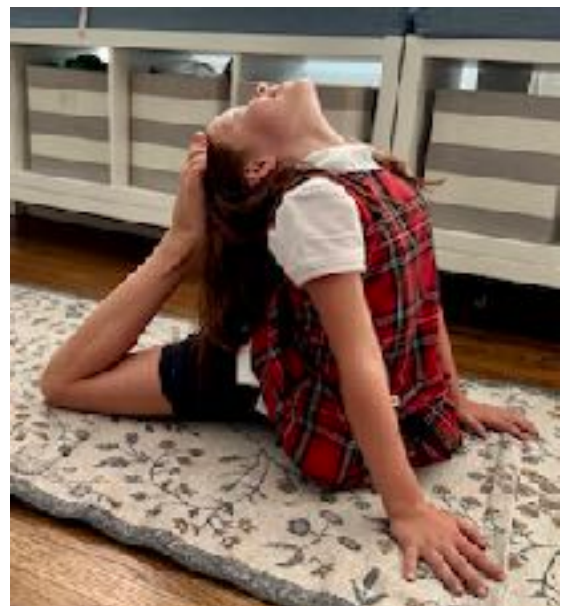
By integrating these elements, you can cultivate a fulfilling and successful yoga journey.

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.

October Spotlight - a *new* generation discovers Yoga! You are never too young (or old) to begin! Dean & Rebecca's grandkids carrying the torch! (Felix, Everett, Elliot, Flora, Hardy, and Simon)





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)