




APRIL 2007 NEWSLETTER

A Note From Rose

We have good news. Bob and I met with the landlord on Monday, regarding the new lease. The landlord has agreed to most of the changes that we requested. We are waiting for an answer from the "partners" regarding placing a cap on the potential annual rate increase. If the landlord agrees to what we have asked for, I should sign the new lease this week. Yeah!!!! Another five years of bringing Bikram Yoga to the community - with an option for five more.

Of course, where there is good news there is not so good news. To accommodate the increase in rent, the studio will need to raise prices 10% beginning June 1, 2007. If you have considered the EFT, we encourage you sign up before the rates go up and you will be able to do unlimited days of yoga at \$110 per month for however long you want to do the yoga (12 month min). Additionally, available for purchase May 21 through June 21 is our new "100 Days of Sweat" package which, for \$370, will allow you to do unlimited yoga through the summer.

* * * Enjoy the summer and we look forward to making Bikram yoga available to you for the next five years (and beyond).

<i>Just a Reminder...</i>	POSTURE SEMINAR with Ren Soriano on Saturday, May 19th	
We have 6am classes! Start your day with Bikram Yoga for improved focus and concentration throughout the day! Mon-Friday only.	Transform your practice, your body and your life! Get the most out of your yoga practice by learning the benefits of each posture as Ren guides you through all 26 postures. Ready for a breakthrough in your yoga practice? All levels welcome! Wear comfortable clothes-the room will not be too hot-so you can demonstrate all postures. Bring your yoga mat and a notebook, so you can take notes! Time: 12-4pm Cost: \$80 (afternoon class included)	
Yoga Etiquette Tip	POSTURE SPOTLIGHT	
Quiet time after class After class and during the final savasana, please refrain from talking and leave the room quietly. (Please don't slam the door.) When there is a short transition between classes, please allow time before entering the room.		Half Moon Pose This first posture in the Bikram series deeply stretches and opens the sides of the body and improves core body strength, balance and concentration. Half moon strengthens the ankles and knees, improves circulation and energizes the entire body.
Looking to May... 100 Days of Sweat Change your body in one summer! 100 Days for \$370 Under 25 Student \$255	Nutrition Spotlight Never get famished. It leads to low blood sugar, which may lower your metabolism, burn muscle and lead to overeating later on. Try eating a small meal or snack every 3-5 hours. -Jill Brook, M.A., Nutritionist www.dietforhealth.com	