



Monthly Newsletter

Yoga Competition Saturday August 25!

Yoga? Competition? They sound like two words that wouldn't go together but they do.

Yoga competitions are almost as old as yoga itself, because, after all, you are competing against yourself when you practice yoga. Training to compete is a way to focus your practice, to firm up the details and to have fun deepening your understanding of the yoga. Which is why we're hosting our own Studio Competition, Saturday, August 25th at noon.

Our very own Ren Soriano will judge. The way it works is you do five mandatory poses: standing head to knee, standing bow, floor bow, rabbit and stretching, followed by two of your choice (but probably not savasana, as good as you may be at it). You're judged on how well you execute the pose, but also the ease and poise and spirit with which you do it. Smile, if you can.

If you're interested in competing, talk to Rose, Ren or other teachers, to get tips on what judges will look for and what alternate poses may be right for you. Even if you're not competing, please stop by and support our competitors as we get ready for the SoCal Regional competition this October right here in La Canada!!!

Southern California Regional Competition Comes to La Canada October 27!

My Bikram Yoga Testimonial: Minerva Calderon

"I have been practicing Bikram Yoga for five years. My introduction to Bikram Yoga has been one of the best gifts I have received.

Bikram Yoga has been beneficial to me both physically and mentally. For many years, I had been seeing a chiropractor to help control my back pain. Since I have been practicing Bikram Yoga, I no longer need to visit a Chiropractor. It has been liberating.

In 2001 my mother was diagnosed with cancer and succumbed to the illness in 2003. During her illness, my yoga practice was limited to once a week. Although it was not much, it was enough to help me with the stress. I would have never survived my mother's death without this yoga.

I now practice yoga three times week and my goal is to increase it to five times a week."

Field Trip to Hipsterville!

We're planning on going to the Standard Hotel Downtown **Friday, August 17th** for this month's social outing. Hobey, your Monday evening/Sunday am teacher, deejeys in the hotel's downstairs lobby with pool tables and bar and food service. There's also a pretty swank rooftop with an amazing view and dancing, which gets pretty packed, so plan on coming down by 10:30-11 pm if you want to check out the scene from the top.

Cover for the roof can get pricey, but Hobey can make sure you don't have to wait in line too long to pay for wristbands to get up there.

The downstairs chill vibe is free and relaxed, with Hobey playing Bob's old records.

Check out the [photos](#) from last month's ice cream social event.

Open House Party!

We will be celebrating sweatin' to the oldies asana-style with a party and an open house on **September 15th from 6-9pm** at the studio! Students, friends, family and anybody else are welcomed to help us celebrate sharing the challenge and gift of Bikram Yoga with our community.

We'll have raffles, drawings, awards, food, drink and best of all, yogis! So come down and see what everybody looks like with their clothes on, September 15, 6-9 pm!

That's right! This year Bikram Yoga La Canada is proud to host the SoCal Regional Yoga Bishnu Ghosh Cup Championships. They'll be held all day Saturday, October 27th from 11am-6pm at the Lanterman Auditorium.

This is a huge step bringing Yoga and its health benefits to the attention of our community. It's always been Bikram's and his wife Rajashree's dream to make Yoga an Olympic sport, and hosting the SoCal Regionals is one more way to bring public awareness to something which is still pretty new and sometimes even misunderstood by many of our friends and neighbors. We hope you can make time to support the Competition and we look forward to seeing you there! Get ready to see some truly amazing postures!

Nutrition Spotlight: The Food Journal

One of the best ways to hone your diet to what your body needs--and to weed out the stuff it doesn't--is to keep a food journal. Keeping track of what you eat makes you more aware of the food choices you're making, but also what impact those choices have on, well, your life, and your yoga practice. For instance, some people eat meat and get stiff from it because meat metabolizes into uric acid which stiffens the joints. Some people crave meat because their bodies need protein and the B vitamins in meat that help you digest it. Both of these are valid guides to food choices, but you'll only know what's best for you if you have some context of what works for you. We can say a lot about what foods are good for what, but, as with the yoga, it's not the postures or the food that's the object, it's your body that's the object. So if diet and yoga are a concern, start keeping a journal of what you eat--and why, if you think of it--and then note, say, how a yoga class went, what foods seemed to make you feel more energized, or which ones just left you feeling blah. Stress levels, when and how we eat, all these come into play, and having a food journal and help you see patterns. A food journal can also be a helpful tool to make you more accountable for the food choices you make so you feel better and more optimized about them.



Posture Highlight: Triangle

Triangle is the literal centerpiece of the Bikram series. It comes halfway through the class, culminating the standing series and preparing the body for the floor series.

The posture itself sounds simple enough: You take a big step out, bring your arms parallel to the floor, bend one knee, sit down and then tilt the arms while looking up. You reach up and reach down until there's a nice big triangle between your arm and thigh, between your ankle and wrist, between one side of your body reaching up and your other arm reaching down.

But to participate in this little gem of physical geometry takes a lot of strength and flexibility. Bikram even acknowledges in his book that most triangles in other dialects of yoga are taught with the legs straight; where it is in his series, however, its more ripe to build strength and flexibility, as he calls it, "the marriage of the heart and lungs."

Common mistakes are not sitting low enough, letting the back hip come up when you do turn the arms, and turning the whole body instead of just the arms. A way to look at the

Bikram Yoga Advanced Seminar, Hawaii, Aug. 18-25

There's still time to register for this exciting, immersive, week-long seminar in Waikiki for anyone interested in deepening their practice and understanding of the Bikram series as it is derived from the classic 84 asanas. Bikram himself hosts. This will change your life--or at least your triangle!

posture is that it IS a triangle: you sit down to establish its base, you then reach up and down to make its peak. So the set-up, which is called Warrior Pose in other forms of yoga, involves sitting down to open the butt and hip and getting into the back leg's inner thigh, to access your core strength. Once down there, we stay centered over our newly opened hips and strengthening inner thighs and just move the arms. In fact, it's good practice to look up and put your chin on your shoulder so that big ol' head a yours doesn't put your weight too much over your bent leg foot. Think of it like this: you're reaching down to pick up something by your foot while you're screwing in a lightbulb you can barely reach. So your lower body's sitting down to pick something up, your upper body is reaching up for the lightbulb. Voila! Open hips and cosmic geometry!

