



Current Newsletter

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## June 2007 Newsletter

### New Shorter-Term Auto Debit Options

We're happy to announce a new, shorter-term auto-debit option. Essentially, this is the month to month plan for all of you who do not want to commit to a year of yoga. It's just \$135 a month (that's \$40 cheaper than the regular monthly unlimited). After the initial two months, we keep the auto-debit going on the 15th of each month, or you can give us a month's notice that you'd rather buy another package and we can discontinue it.

We're pretty sure you're going to like it enough that we've replaced the 3- month unlimited with it. And remember, if you plan to come 3 or more times a week, the unlimited package is your best option--and you get free mat storage! It's another way to deepen your practice and your commitment to yourself.

### July Schedule

We will have one class on July 4th at 8:30am.

We will be closed on July 9th, in honor of Bishnu Gosh's birthday. All Bikram studios will be closed.

### Call for Testimonials

What's your yoga story? It can be huge and life-changing, it can be small and serendipitous, but everyone has a story of what brought them to Bikram Yoga and what keeps them coming back. So feel free to write a paragraph or two about your journey to Bikram Yoga La Canada and what it's done for you--so it can keep inspiring the rest of us. There's a book of testimonials at the entrance table of the studio to give you an idea, but no matter how big or small, share your yoga story and we'll put it in the book too!

### Yoga Etiquette: Corrections

We all get corrections. Sometimes they are the pearls of wisdom that help us get to the next level in a posture, sometimes they are annoying little reminders of things we think we can't do just yet or not on this particular day. But the reason for corrections are simple.

As Bikram says, *"By pushing you to your limits and then beyond, I get you to understand that there are no limits." See, in the Indian tradition Bikram Yoga comes from, it is disrespectful to see that someone could be doing something better and not point it out; that's why he's always telling students to "try the right way."*

"But I'm already working by butt off" you're thinking--and you are. More often than not a correction is to remind you that something else could be working in a posture to balance your effort (sitting down more in triangle, coming down more in bow, locking out the elbows better in half moon), all the parts that add up to a more balanced whole. It may seem like you are doing more, but you won't be over-burdening one part of your body and under-burdening another.

And please don't take corrections personally. All teachers have their different tones and delivery, but the result is the same: your practice gets better, because you know that it can and will. Corrections just keep planting the seeds of progress, which, watered from your sweat and effort grow and blossom.

### Nutrition Spotlight: Staying Hydrated

Nutritionists say we should drink at least eight 8-ounce glasses of water (about 64 ounces) a day--half your body weight or more if you are active. That's only about two of the large red-bottle waters we sell at the studio; you probably drink more. Other tips for staying hydrated:

- Drink at least 16 ounces of water two hours before class. If you get to class thirsty, chances are you're already a little

dehydrated.

- Stay away from caffeinated or sugar-y stuff, because it can actually dehydrate you. If you need a little boost, Emergen-C added to your water can help. Sometimes when you're thirsty, you could be craving minerals. You've heard you're made of water, but remember, it's more like salt water.
- In class we wait of course 'til after eagle to make sure you're warmed-up. After that, be conservative with your water breaks; sometimes drinking water can become a distraction. Do you really need a sip before or after Camel--or are you just reaching for the bottle out of habit?
- Although it's tempting, don't wipe your sweat: it's there to conduct heat from the body through evaporation and dripping.
- Rehydrate after class with an additional 32 ounces of water--about another red bottle. If you still feel like you're missing something, try taking an electrolyte supplement like Emergen-C, or their Electro-mix to replace trace minerals. Or try eating a little fruit an hour or so before or after class to replace mineral and keep your blood sugar and water levels up--a banana actually has about a cup of water in it! (I know, who new?)
- One final note: caffeinated and alcoholic beverages increase fluid loss and cause dehydration, so drink at least equal amounts of water with them. Or come do more yoga and you won't need the booze, joe or the Mr. Pibbs.

### Posture Highlight: Pada Hastasana

So, as we said last month, Half-Moon is where we develop the vocabulary of strength and flexibility that carries us through the whole class. Four-way flexion of the spine, we call it. And nowhere do we embody the "use your strength to stretch" maxim as deeply as we do in the last part, pada-hastasana, or hands-to-feet pose, when we truly start to stretch the body from the lower spine towards the floor. This involves a few things.



First, getting the lower back loosened up from the tightness of the legs and hip, and then stretching the upper onto your lower body. How it works it simple: you get your upper body as flatly on your lower body as you can and then pull on the heels. The key is keeping your upper body glued on the legs and knees, which is why bending the knees is not only advisable, it's unavoidable. (And why doing the little hands on the floor warm-up is so important, even if it turns into an excuse to check out the toenails and need for a pedicure, because, hey, you don't really get to take a look at your toes like that all that often, which is all the more reason to do yoga--you need that range of motion. Not to check out your toenails so much, but to up your strength, flexibility and circulation).

It's also why no matter where you are in the posture or what your body type allows (so what if you can't stand on your finger tips, you can at least bend you knees and wrap your elbows behind you calves) as long as you understand the posture and try the right way, you get all the benefits.

Then it's a matter of lifting the butt and hips up and rolling forward so the front of the thighs engage and the back of the legs stretched, what is called "inverse inhibition," so that you can pull your stomach on the thighs. As Bikram says, "Pulling is the object of stretching." While the tendency is to think of this as a leg stretch--and they do stretch--it is so you can pull more of your stomach on the thighs and chest on the knees. Now you can take full-lunged breaths into the tight spots, and lock out the knees while exercising (exorcising, more like it) the lower back away from the hamstrings and hips, and eventually into the middle and upper back, which is why we keep the face on the knees.

Keep flexing keep pulling keep breathing lock the knees, then we come up carefully arms and head together with our sucked in stomach and nice, stretched lower backs and stand still letting the circulation come back before awkward pose