



Current Newsletter

May 2007 Newsletter

Posture Seminar Saturday May 19th

Ren Soriano brings his years of experience and practice as one of Bikram's senior instructors at World Headquarters to our very own studio Saturday May 19 with a special posture seminar from noon-4 with the 4:30 class to follow. Ren breaks down the 26 postures into a pure discussion of Bikram's yoga and life philosophies, and how you can improve your practice one detail and nugget of wisdom at a time. If you've taken Ren's class, you know how intense and fun and it can be. Now, here's a way to get all your questions answered and problems solved in a single afternoon of insight and understanding the Bikram way. Sign up at the studio (the cost is \$80; \$100 for students from other studios), wear light clothing and bring pad and paper. The heat will be off, but the energy will be up as Ren schools your practice one five-minute bow and five-syllable "ver-te-braaaa" at a time!

(see flyer)

100 Days of Sweat

Summer time and the living is easy? With a specially priced 100 day unlimited package it is, because this is the time of the year when your body changes the fastest and the yoga is, well, maybe not the easiest but at least it's easier to get better at it! And what better way than with a three-month-plus unlimited for just \$370! That's less than our usual 3 month package--and you get an extra ten days. For students 25 and younger, it's even more doable at \$255. So whether you're on summer vacation or not, make yoga a part of your summer '07. Hey, if you remember last summer, some days it was hotter in the parking lot outside than in the studio, so get out of the sun and into a Hundred Days of Sweat. Sign up between May 21 and June 21. Get ready to sweat come June 21, the first day of summer - and the first day of you having the best yoga of your life!

How late is too late?

We all have those days where despite our best intentions--traffic, that last phone call or email at work--something makes us a little late to class. But how late is too late? Well, if Half-Moon has started, that's too late. Here's why: the breathing begins and ends the series. It oxygenates the body, warms you up and serves as that all-important transition into the postures. Without it, it's a recipe without a crucial first ingredient. Part of respecting the series is respecting that it is a series, that you owe it to yourself to give your body the benefits of the whole series, like a prescription that Bikram has come up with for the modern lifestyle. Also, remember that you are part of a group and we need you to be there from the start - as much as you need us, the whole class. In his new book, Bikram defines the yoga not in terms of the heat or the instruction, but the breathing. And, bottom line, if you miss the breathing, you are more apt to sit out postures and get winded--because at that point the yoga can actually be anaerobic, where your body is fighting too hard to play catch-up with its oxygen. So next time you're running late, know the yoga is there waiting for you--when you can there on time and be a part of the group energy from the first "Feet and toes together...." Thanks for your understanding and see you soon--on time.

Memorial Weekend Schedule

Friday, Saturday, Sunday, May 25, 26, 27, same times, same everything. Monday--Memorial Day, May 28, just an 8:30 am and 4:30 pm class. Not 10:30, because there's a parade on Foothill. Seriously. Sure, Aaron Fishman would be able to dodge the marching bands and baton twirlers to get across Foothill, but for the rest of us mortals, we'll just have to make do with the 8:30 and 4:30 Memorial Day. Thanks for your understanding.

Posture Highlight: Half-Moon Backward Bend

So Half-Moon is where we develop the vocabulary of strength and flexibility that we use the whole class. Four-way flexion of the spine, we call it. But that third part--the backward bend--can be tough. "Your lower back is going to hurt like hell..." Bikram tells teachers to say that. Not that that's the posture, but it is a side-effect of stretching your spine. See, if you think of the backward bend as a stretch for your front, using the same upper body strength you used to go right and left, it can become a more empowered posture on your part. Key to this is understand that part of bending backwards is lifting upwards. Too often we can

hesitate--by not dropping the head back, by not lifting the chest up, by not reaching back--and that can mean a lot of pressure on the low back. Remember, though you may encounter imbalance along the way, you are striving for balance. So lift the chest up, drop the head and bend your body back, way back, low, middle, upper back whole spine backward bending. Your neck's part of your spine. In fact, in a backward bend, it's the first thing that bends. So think of it as a rite of passage for the body, a way to get through fear and trust the series. Before you know it, your weight's in your hands and you're getting ready for hands-to-feet pose.