



Monthly Newsletter

**Happy Thanksgiving!!!
Special Holiday Schedule:
8:30am Thanksgiving Day
8:30 & 4:30 Fri, Sat & Sun**

**Special Thanksgiving
Discounts!
Nov. 17-30**

It's that time of year when we all pause to give thanks--and the time of the year most of us start loading up on the holiday meals. So here's an easier way to keep doing yoga through the holidays: take advantage of this month's special Thanksgiving "Thank You" discounts!

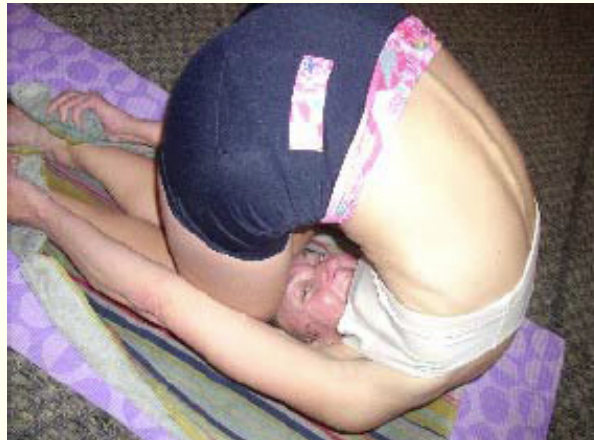
We're giving you the 12th month for free when you sign up for a year-minimum commitment. That means you save \$110 and get a year of yoga for just \$110 a month!

Besides the Auto Debit special, you can get 10% off any regular price package you buy, but only between November 17th and 30th. Already have a package? Fine, your "Thank You" discount package won't start until your current one is finished. So, go ahead, load up on the holiday meals, just load up on the holiday discount packages as well!

Posture Highlight: Rabbit

Rabbit or Sasangasana, is the biggest spine-rounding forward bend of the standing series, which is perfect, because it comes right after Camel's biggest backward bend of the series. It compresses the spine and chokes the throat, which works the thyroid and parathyroid glands, boosting your immune system and metabolism. It massages the lymph nodes and brings circulation to the spine by stretching each of the veterbrae out, as Bikram says, "like the pearls of a necklace."

Yogi Q&A: Kimberly Rubal



Bikram Yogi since:
2001

What inspired you to start Bikram Yoga?

I'm a marathon runner and was advised during a massage treatment I received as a birthday present to consider taking some kind of yoga. I have such a energetic personality that I just couldn't see myself in a meditating room...ohm'ing. But then a few days later several teachers from Bikram Pasadena came to Caltech for a student fair and I spoke to them about the practice. The heat and the physical exertion got me intrigued...so I took an intro class and was sold!

What are your favorite things about Bikram Yoga La Canada?

I love everything about the studio...Rose, the teachers, the location, the ambiance, the class schedule, the ease of parking...but most of all I value the friendships and the camaraderie at the studio. It was my fellow students and teachers that motivated me to compete in this year's SOCAL competition. THANK YOU ALL for inspiring me to do it. I couldn't have done it without your support....>)

Why Bikram Yoga?

I LOVE the heat!!! The hotter it is the happier I am. I like the intesity, the focus, the concentration of doing all the poses. You would think doing the same 26 asanas for the past 6 years would be boring...it's not. I only wish 90 minutes at work would go as fast as 90 minutes practicing Bikram.

What's your favorite pose?

SoCal Regionals Results--and "Thank You's"!!!

First off, a warm gesture of thanks to everyone who helped make the SoCal Regionals happen!!!

The event was an across-the-board success thanks to our volunteers working in their areas of expertise. The smooth execution of even the most minute details helped the whole event run smoothly for the competitors, judges and spectators!

So thank you thank you, Thank You, THANK YOU!!! to: **Vilma DeLeon, Masako Gallagher, Miriam Angel, Barbara Blowers, Minerva Calderon, Pam Hreha, Diane Reynaga, Marian Smith, Laura Rivera, Sarah Mendoza, Connie Chairez, Juanita Lewis, Rebecca Rossignoli, Noreen Bernier, Aaron Fishman, Laura Fishman, Lloyd Wong Watts and Shannon Buttelman**, for all your hard work.

And a special thanks to **Ross Ferrell of Zico** for his generous sponsorship of the event! Thanks for letting us enjoy round after round of coconut water!

As for the competition itself, congratulations first off to everyone who took the time and effort to compete, especially our

The key to Rabbit is understanding where it is in the series - it expands on a range of motion your body is pretty accustomed to by now.

It starts with you tucking your chin to your chest, which starts to round the spine like a center of a spiral. Then you round down, looking up at your stomach and sucking it in the whole time, to round the whole spine. Then when your forehead touches your knees, you pull on the heels to round the spiral. The thing is, though you will feel some weight on the top of your head, and it will feel a little like you're giving yourself a pile-driver, the object is not to give yourself a pile-driver. Think of the weight on the top of your head as a starting point, but don't allow more than, say, 10% of your body weight to be on your head. The rest is in the pulling of the arms and, and if you can, push the knees against the floor and your forehead against the knees. So eventually you feel your whole spine rounding and your hips parallel to the mirror. It can take a little while, but just being used to tucking your chin into your chest and pulling on your heels is a good start. Happy Rabbiting!



Nutrition Spotlight: Holiday Eating

Diet is probably the single biggest thing besides drinking water that affects your yoga practice.

Towards the New Year we'll get in to specific diet plans you can follow, so let's talk about the fact that we'll all be eating a little more for the next month, so we might as well make it good. While no hard and fast diet rules apply to everybody, some general ones do make sense. Potatoes are a heavy starch, which like sugar, can affect your flexibility. Turkey's a great protein, it can satisfy the meat urge without getting too toxic; a by-product of red meat digestion is your body produces uric acid which goes straight to your joints like rain on the Tin Man. ("The Wizard of Oz" has been on cable, like every night this week, so let's go with it).

Replace potato chips with pretzels, creamy dressings with vinegar-based ones; sugary sweets with fruit; eat more nuts and fruits and less high-sugar energy bars and drinks. Feeling like a Gatorade? Try a Zico! Lord knows we have enough of the stuff at the studio!

All of them. I like doing Eagle and seeing how far I can bend until I fall (and Ken I'm not a nerd ...an internal joke..had to be in class the day it happened). My strongest pose is standing head to knee though I fell out of it during the competition (oh well...there's always next year!!!). And I also like Rabbit.

Your hardest pose?

Hhmmm...in some ways all of them are challenging because I'm always striving to take the poses to the next level (my Type A personality). But I'd have to say my most challenging one is Half Moon only because it's in that pose that I can feel the stress of the day or the aches/pains of the run I did the previous day.

What changes has doing this Yoga brought to your life?

This yoga has built up my confidence, my self esteem, provided me a sense of balance, clarity and calmness. I also give credit to the practice for the "you look great" comments... which is important being in my mid-40's and SINGLE (is there anyone out there????). This practice, my healthy life style, chocolate, wine and that "se" word (which by the way kudos to Bikram there)...ALL has helped me to stay in the game... (blushing, blushing).

What keeps you motivated?

In doing Bikram...everything I mentioned above keeps me motivating. This is one practice where you can start seeing results in a couple weeks. In life...life itself keeps me motivated. As I remember once reading, "Life's journey is not to arrive at the grave safely in a well preserved body, but rather to skid in sideways, totally worn out, shouting..holy s@!t...what a ride!" Bikram's a great ride!

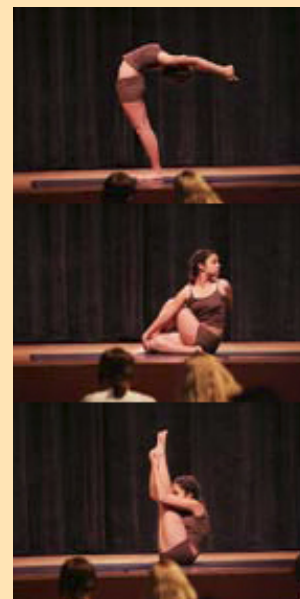
Any words of wisdom to new students?

Have fun and let yourself open to experience and feel every minute of the 90 minutes of practice that you are giving to yourself.

Any tips for your fellow yogis?

What...besides what we hear during class...lock your knees (standing series), mommy give me money (standing bow pose), touch your forehead to your knees, suck in your stomach ...there's that other one...breathe! Namaste!

BYLC students **Kimberly Rubal, Linda Swick, Nick Peukpiboon, Aaron Shure, Tara Lewallen** and little **Mairen Cabuto**, who placed 2nd in the Youth Division!!! There was nothing ardhha-assed about that ardhmatsendrasana!!!



In first place in the Men's Division was Jeff Rangel, representing Pasadena, but we still have a soft spot for him as a teacher emeritus at BYLC.

Second place went to Covina's Jeff Garrido, and Adam Wright from Laguna Beach took 3rd. In the Youth Division, Mishaelle Kemp of South Pasadena took first, while our own Mairen Cabuto took second, leaving a tie for third between Stephanie Alvarado and Natasha Warshaw, both reppin' Bikram World HQ. In the Women's, Alisa Matthews, another BYLC teaching alumna, took first, while San Diego's Sarah Baughn won second and Studio City's Shannon Beach placed third.

The top two competitors from each category move on to the World Championships this February at the LAX Westin. Go to bikramyoga.com for more info.

Common sense is pretty much the rule; diet tips, like truth, are whatever works for you. Plus, your yoga will let you know what foods are right for you. More water, more alive foods (veggies, fruits, etc.), less processed stuff. Not always easy during the stress and excitement of the holidays, but a little balance can go a long way, both on and off your yoga mat. Happy Thanksgiving!

