

### Sweatin' To The Oldies Calcutta Style

#### Studio Announcements

##### Be Kind To The Shower Handles: Turn Don't Pull

Just as James Bond preferred his martinis shaken and not stirred, we prefer our shower handles turned and not pulled. There has been a recent wave of over-eager showering yogis who in their zest to lather up with Zest have pulled the shower handles off. It's a little thing, but it's a pain to repair and our shower handle fixer prefers to be like the Maytag repair guy, so be kind: turn don't pull.

##### New 1 pm classes Thursdays and Fridays!

Lunch is overrated! Do yoga instead! So far, we have had a good showing for both days

#### Posture Highlight: Full Locust--Poorna Salabhasana



The Full Locust is the third posture in the Spine-Strengthening Series and is the culmination of Cobra and Locust before it.

You start with your cobra tail legs nice and firm, keep your arms wide and your lungs full (80/20 breathing is in effect throughout) and your glutes

#### Yogi Q&A: Pam Hreha



**Name:** Pamela Hreha

**Age:** 63

**Profession:** Senior Manufacturing Planner

##### Been doing Bikram Yoga since:

February 2007.

##### How many times a week do you practice?

At least 4 or 5 times a week.

##### What inspired you to start Bikram Yoga?

I was on a cruise and there was a woman who was 80 years old and she impressed me because she kept up with the younger people. I asked her what she was doing to keep fit and she told me she was doing Yoga.

##### Why Bikram Yoga? Had you done other kinds of hatha yoga

I was thumbing through the class schedule from Glendale Community College, I read the descriptions of all the Yoga they offered and decided that Bikram Yoga would suit my needs. I participated in some yoga classes that were offered at a gym I belong to, but the heated room helps a lot.

##### What are your favorite things about Bikram Yoga La Canada?

The students are very friendly, the instructors are also very friendly and helpful.

##### When you started what was the hardest thing about the yoga and how did you overcome it?

The hardest thing about the yoga is the heat in the room, but I got accustomed to it. It was hard to remember all of the instructions for the poses but I think with more practice I am getting better at understanding the poses.

#### Yoga And Your Health: Mon Ami MonaVie!!!

We talk a lot about anti-oxidants and what fruits are the best way to get them. There's a drink that packs 19 "super fruits" into its dark berry fruit stew called MonaVie. Based on a foundation of Acai (ah-SUH-ee) and mixing such familiar favorites as grapes, prunes, cranberries and bananas with such exotic newcomers Peruvian camu-camu (high in potassium and amino acids) and lychee fruit (high in Vitamin C and fiber) as well as kiwi, passion fruit and blueberry.

Free radicals challenge cell health, and MonaVie's effectiveness is based on the line of thinking that there are six classes of free radicals linked to chronic illness. Acai has been proven to be three times as effective as the next highest ranked fruits in combating free radicals. When you combine it with the other 18 fruits, it delivers all kinds of minerals and nutrients. It's not cheap--it comes in a bottle that looks like a really nice bottle of red wine and costs about the same. But then again, it delivers seven servings of fresh vegetables in just a few ounces; you can either head to your farmers market and get out your juicer, or take the labor less-intensive route and get ye some MonaVie. If MonaVie sounds interesting enough to try a bottle, one of our very own yogis Stacey Ralphs is an independent distributor of MonaVie (it's not sold in stores). For more information or to order a bottle, you can email Stacey at [asralphs@sbcglobal.net](mailto:asralphs@sbcglobal.net).

#### Fall Teacher Training,

tight.

Using your cobra tail and hips as leverage, you lift everything up like a 747 taking off. The legs come up like locust, in fact you may feel a little like the legs make you roll a little forward, which is good because that will allow your upper body to lift up and forward--just like cobra. Only now, it's your legs and spine doing all the work. In fact, between the leverage of pushing your hips and belly into the floor and lifting your upper body forward and up, you're basically doing Cobra, only hands-free!

Progress can be slow in Full Locust. Bikram himself admits you can do it for five years and only get, say, an inch more off the ground. But the point is to feel the posture the way you feel Cobra and Locust--the same cobra tail and lift, the same arching through the front of the body and the same lifting and stretching of the legs as the third part of locust.

Full Locust is good for the back because it makes it both longer and stronger, and is an excellent core strengthener as well as front-of-the-body opener. In fact, if you consider where it is in the series right between Cobra and Locust and Floor Bow, it's like doing Bow only without the bow part. In order to make the spine stronger, you have to make it longer and that's exactly what Full Locust does, healing all manner of back ailments as it further strengthens your core.

### **What's your favorite pose why?**

I don't know if I have a favorite pose yet but I like Camel! I don't know why to tell you the truth.

### **What's your hardest pose and why?**

The balancing poses are all hard for me. I am still having trouble with locking my knees. I am not very coordinated either.

### **What changes has doing this Yoga brought to your life?**

Mainly it's helped me to handle the stress of my job. I am able to deal with the everyday pressure and I am not as irritable because of it.

### **What keeps you motivated?**

The main thing that keeps me motivated is the way I feel. I keep motivated because I am waiting for my body to catch up with my expectations that I will be able to do all of the poses correctly and well.

### **Any recent breakthroughs you'd like to share?**

Not yet, but liking Camel is a good sign.

### **Any words of wisdom to new students?**

Practice everyday if possible. The more you do it the better you will feel about yourself. If I can do it, anyone can!

## **Acapulco, Mexico Sept. 14-Nov.15!**

Even if you've never thought of being a Bikram Yoga teacher, the International Teacher training has blossomed into an experience that's as much a yoga retreat and boot camp as it is a chance to honor yourself and your practice with two months immersed in the Yoga. Teacher training now takes place at the Fairmont Acapulco Princess Hotel, a four-star, 480-acre property which overlooks the Pacific Ocean on Revolcadero Beach. The facility maintains a 24-hour medical clinic, five swimming pools, lush tropical gardens, restaurants and shops, a world-class spa, full gym and two golf courses. And two Bikram Yoga classes a day, many taught by Bikram himself and his senior instructors. Bikram and his wife hold afternoon and evening lectures, along with handpicked experts on everything from nutrition and anatomy to physics and yoga philosophy. Let's just say it's come a long way from eating lunch in the parking lot at the Bikram World Headquarters on La Cienega, like we did it back in the day. Interested students can visit [bikramyoga.com](http://bikramyoga.com), or contact [shelly@bikramyoga.com](mailto:shelly@bikramyoga.com); any questions talk to Rose.