



Way To Go 60-Day Challengers!!!

March Schedule Update

Easter is Sunday, March 23rd with a regular schedule: 8:30 & 10:30 am as well as the 4:30 pm.

The Tuesday/Thursday 10:15 am classes are still on, least until the end of the 60-Day Challenge at the end of March. Tuesdays are doing well, Thursdays could use support. If the Tuesday and especially Thursday 10:15 ams work for you, show your support by showing up!

Thank you for your feedback on potentially adding afternoon classes at 2:30 or even at noon. We're still deciding what will work best for everybody. And thanks for your support of the 6am classes!

Keep in mind you can always talk to specific instructors about setting up a **private lessons** outside of the usual class times. Just ask.

60-Day Challenge Party!

Our annual 60-day challenge ends at the end of this month, and to celebrate all the focus and determination of our 60-Day Challengers, we'll be throwing a Pizza party Saturday March 29th at about 6:15pm or so (after the 4:30 class has time to shower). So, besides a new body and heightened focus and awareness from two months straight of ninja-like yoga prowess, enjoy slices of Georgie's finest on us, then come right back Sunday to burn all the cheese and dough right the heck back off.

Yoga Etiquette

Yoga etiquette pretty much common sense: treat your fellow yogis with the same

Yogi Q&A: Danuta Biernat



Been doing Bikram Yoga since
Since July 2001.

How many times a week do you practice?

I practice, on average, four times a week. I love doing 60-day challenges because I do not have to make a decision...go to class or not to go....

What inspired you to start Bikram Yoga?

I was looking for some form of exercise that would provide me a good workout not only for my body, but also for my mind. Discovered that Bikram provides both and more.... Of all the many different forms of exercise I have done throughout my life, Bikram has been the most beneficial and certainly the most enjoyable.

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

I did one class (yes, one time) of hatha yoga prior starting Bikram Yoga. I felt lost and out of place. Then I discovered Bikram Yoga through an advertisement in Outlook and I went to class the next day. And I loved everything about it: the challenge, the intensity, detailed instructions, the heat, and even the sweat. I enjoy the heat because it helps me to stretch my muscles more freely and the sweating assures me my body is detoxifying.

Yoga And Your Health: Cancer Preventions & Treatment, Pt. 1

We usually talk about nutrition here but since we're all on the same page with eating our greens, we're spending this month and next talking about how yoga is being recognized as a means to prevent and treat cancer.

Cancer is a condition of the body, like a cold, that flares up under certain conditions and therefore can be treated by reversing those conditions.

First off, understand that every person has cancer cells in their body, they just don't show up in the standard tests until they have multiplied to a few billion and thus become cancerous. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they haven't reached the detectable size.

Cancer cells occur between six to more than ten times in a person's lifetime. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

Cancer can be seen as a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more

respect you'd like to be treated with. With fuller classes, please be mindful of where you set up your mat with regards to other students. It's easier to get comfortable with your "spot", but a fuller class means adjusting that "spot" to fit everyone in. Although you may be willing to move your mat, should someone ask you to, they should not need to ask. So, here are some simple guidelines for mat placement. The front row spacing dictates the rest of the room. Please set up with your mat straddling a line, and leave only about a 1/2 mat-width distance between mats. Please stay in the room; you're a part of the class, everyone else needs your energy as much as you need theirs. One item that has become a bit of an issue, especially in the evening classes when there's only 15 minutes between classes, is the need for absolute silence for 10 of those minutes after every class. If you're coming into class, be mindful that people are still in savasana following the last class, so please refrain from talking in the yoga room for ten minutes after class, which might actually mean until five minutes before your class.

Lost, Sure, But What About the Found?

Once every few months, okay, maybe several months, we do need to clean out the lost and found box. We're happy to give the clothes to Goodwill if nobody claims them. We haven't done it in six months, so at the end of this month, we'll be donating any items that have not been claimed. So check the box.

Posture Highlight: Awkward Pose

What are your favorite things about Bikram Yoga La Canada?

I love everything about Bikram Yoga La Canada: the location, the parking, the spacious changing room and the shower, all the students who are very dedicated, and all the instructors, who make sure that our poses are practiced in the safe and the most beneficial way possible. Thank you Rose for creating such a great place.

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

Relaxation--I didn't know how to relax. I had a lot of tension in my body and my mind was always working overtime. When I started Bikram Yoga I found most of the poses very challenging, but as long as I was doing them (or trying) I felt good about myself. However, focusing on the dialog, staying still in Savasana, clearing my mind and letting go of all the thoughts was very difficult. To overcome it, I focused on breathing. Still now after 6 years of practicing Bikram Yoga, I have days that I need to remind myself to clear and calm my mind, and focus, focus, focus....

What's your favorite pose why?

My two steady favorite poses, and the strongest ones, are Awkward Pose and Toe Stand because I am good at doing them and can stay in those poses for a longer time. The other poses that I enjoy are the ones that I can do well without any limitation; however, they fluctuate. For example, Standing Head to Knee was one of my favorite poses as of last year. Now, having upper hamstring tendon injury I cannot get into that pose so deeply. Modifying the poses that I did well is emotionally challenging. However, through my injuries, I am learning how to work with my body, not against it.

What's your hardest pose and why?

My hardest pose is Half Moon. Sitting all day in the office chair, I accumulate stress and tension especially in my shoulders and my lower back. To open my entire body in the very first pose is very challenging.

What changes has doing this Yoga brought to your life, your outlook, and/or your health?

Where should I start? By doing Bikram Yoga, I have experienced long-lasting benefits both physical and emotional. The main benefit I learned was slowing down and not to get worried in a stressful situation. As a result, I am dealing much better with stress, I am able to overcome problems with ease, I am more focused, and I am a better person (those are the words of my husband). Overall, Bikram Yoga gives me an incredible sense of well-being. In addition to emotional benefits, I noticed physical benefits as well: my posture is firmer, my spine is more flexible, and my body is stronger. Overall, I am

oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

Conventional treatment has its own problems. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract and other areas, and can cause organ damage in the liver, kidneys, heart, lungs, etc.

Radiation, while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

Initial treatment with chemotherapy and radiation will often reduce tumor size, but prolonged use of chemotherapy and radiation do not result in more tumor destruction.

When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

What to do then?

An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. A better alternative is Bragg's Aminos, which is a lot like soy sauce, or sea salt, which is rich in minerals. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk



Our second pose is also one of our most important. Divided into three parts, Awkward Pose loosens the hips and lower back, promotes concentration and focus, gets us in touch with our core ab and inner thigh strength, and illustrates the sometimes awkward combination of strength and flexibility the postures work. The big thing in awkward is alignment, keeping the feet and arms six inches apart for all three parts. The first part, you separate your feet six inches, arms up, nothing loose nothing hanging, and suck in your stomach and sit down with all your weight in your heels until your hips are about chair height (no lower) but not sinking down. The challenge, see, is to keep a straight spine and the six inch alignment, so we suck in the stomach and contract the abdominal wall, and, hardest of all, lift the chest. The second part, we get up on the tip-toes and again focus on keeping the spine straight, sitting down only chair height with the locked out elbows and straight spine. But by now, the thigh muscles have been stretched and strengthened, so the third part, squeezing the knees together, sucking in the stomach with a straight spine and sliding down the imaginary wall, makes sense to the body, though it is still very awkward. In strengthening the stomach and opening the hips and low back, awkward hones the core strength and shows us how the alignment of the lower body effects our ability to keep the spine supported and straight. It's awkward, sure, but think of it more as a necessary right of passage to get the lead out and get you warmed up for the rest of class.

healthier and in the best shape of my life.

What other sports or exercise or activities do you enjoy and how has doing yoga helped or enhanced them?

I learned to ski as an adult, and having the mental baggage of an adult learner, I was afraid of falling and turning, worried about getting hurt, going too fast, etc. After each day of skiing my legs were burning, my whole body was hurting (from falling down). But, it didn't last long. After I started practicing Bikram Yoga, my skills and overall skiing experience incredibly improved. Both, yoga and skiing require standing, bending, sitting position, balance, strength (including core strength), flexibility, and concentration. Now I come to the slopes with a big advantage: excellent body awareness, balance and strength (yes, I do suck in my stomach and think about Awkward Pose while going down the hill). I strongly believe that Bikram Yoga is what helped me to overcome my fear and accelerated me up the learning curve (last month I did double diamond). I hardly ever fell!

What keeps you motivated?

The 90 minutes of Bikram Yoga is my escape from everyday business and stress. It is my time and nobody can take it away from me. Also, the feeling I have when I walk out of the class. I am sore, sweaty and tired, but at the same time I feel great, calm, happy, healthy, full of energy, etc. Why? I am still trying to figure it out. So, see you in class!

Any words of wisdom to new students?

Yoga is a lifelong journey, so do not rush into the poses; take one step at a time (isn't that what Bikram teachers emphasize?). Learn to do the poses safely and correctly from the beginning. Listen for instructions in each pose and pay attention to details. Believe me, all the details make a big difference. It took me 6 years to hear some of the beneficial instructions given in the dialog. Listen.

Do you have a motto or philosophy you'd like to share?

Bikram Yoga provides an excellent cardio workout, strength training, stretching, breathing, meditation, detoxification..... Why not to have it all in one 90-minute-session?

and substituting with unsweetened soya milk cancer cells are being starved. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures any lower than 40 degrees. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water- it is best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells. Some supplements build up the immune system (IP6, Floressence, Essiac, antioxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

Next Month in Pt. 2: Cooking food more safely.