

# Bikram Yoga La Canada

www.bikramlacanada.com  
711 Foothill Boulevard  
La Cañada, CA 91011  
818.952.5335  
info@bikramlacanada.com

## Newsletter

### Like A May Flower Petal Blooming!!!

#### Memorial Day Schedule

8:30 am and 4:30 pm.  
Regular schedule for Saturday and Sunday

#### Birth Announcement

April (baby) showers brought May flowers; BYLC instructor, Hobey Echlin, welcomed the birth of daughter Josephine Wynne on May 7th. Dad, mom Kate and big brother Harry are really looking forward to Josephine doing savasana for more than two hours at a stretch.



#### Summer Specials

Prices valid now through May 31st

##### Auto Debit Special

- \$49 set up fee waived
- Last month free

**\$159 Savings!**

##### Summer Sweat Special

- 3 months of yoga for \$370
- Must begin by June 21st
- Under 25 Student price \$255

#### Posture Highlight: Fixed Firm--Supta Vidrasana

#### Yogi Q&A: Father/Daughter Yogis John and Tatiana Samuel



John Samuel  
Age: 66  
Occupation: Retired Lieutenant - Los Angeles County Sheriff's Department  
Home: Glendale

Tatiana Samuel  
Age: 27  
Occupation: High-Rise Building Construction Superintendent  
Home: Glendale

**Been doing Bikram Yoga since**  
November 2007

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

John: At least four times per week. I completed the 60-Day Challenge and feel like I'm missing something when I don't practice regularly!!

Tatiana: I aim for at least 4.

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

J: My daughter! I'd become a bit of a couch potato and knew I needed to do some form of exercise. She saw an ad for Bikram Yoga, attended the class, and came home and said, "Dad, you've got to try this!" Well, I tried it and have been going ever since.

T: I was faced with shoulder surgery for a severely dislocated right shoulder. I had previously had two knee surgeries on my left knee and was determined that I was not going through it again with my shoulder!

##### Why Bikram Yoga?

J: The heat and the stretching are exactly what I need. In my

#### Yoga And Your Health: Cancer Awareness Part 2

A few months back we shared an article floating around the internet addressing cancer and alternative healing therapies. While the article, it turns out, was falsely attributed to Johns Hopkins Hospital in Baltimore, some of the ideas in it are nonetheless worth considering. Like the idea that cancer can be seen as a result of cellular imbalance and as such can be treated through nutrition and yoga. It's not an altogether radical idea either, Chinese culture has long thought of cancer as symptom of a greater imbalance. And a lot of the ideas about preventing cancer and reducing your everyday exposure to carcinogens are in sync with a lot of the nutritional tips we've been passing along every month. So here's the second part of the article.

Caffeine can wake you up, but it can also promote imbalance. If you can, avoid coffee, tea and chocolate. Green tea is a better alternative and has cancer-fighting properties. If you can, drink purified or filtered water to avoid the toxins and heavy metals in tap water. Distilled water is actually acidic, and so avoid it.

Meat protein requires a lot of digestive enzymes, so undigested meat remaining in the intestines can become so putrified that it 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.

Supplements like IP6, Florescence, Essiac, anti-oxidants, vitamins minerals, EFAs etc. can build up the immune system 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.



Fixed firm pose is a fantastic posture for healing and stretching knees, ankle joints, feet, and helping to cure sciatica, gout and rheumatism in the legs. It slims thighs, firms calf muscles and strengthens the abdomen. It also benefits abdominal organs such as the spleen, and helps to flush the lymph glands under the armpits.

At a Bikram Seminar recently, Bikram referred to this posture as a very "fear-y" pose. In other words, this posture can be scary, because it's so uncomfortable in the beginning and many people have tremendous fear when it comes to their knee issues.

Start out by sitting on your heels with knees and feet together (quite a chore for most here already...don't give up yet, though). Open up your feet wide and start to lower your hips down to the floor with the ankles touching the hips and toes pointing straight back to the wall. If at this time your knees are beginning to talk to you (or scream at you) open up your knees as wide as you need to in order to make this more comfortable--relatively speaking, of course.

Many people need to stop right here...and you can even support your weight with the help of your hands at your side to make it more comfortable. Bring your palms to your feet, with fingers forward and thumbs on the inside and slowly lower your upper body down one elbow at a time. If that's okay, the next step is to bring the TOP of your head first to the floor, then the BACK of your head and THEN the shoulders. Always one step at a time and moving slowly, to build the range of motion in degrees without accruing any new tension. Once this is achieved, bring your arms over your head and grab opposite elbows in the palm of your hands, tuck your chin to your chest, and lift your chest to the ceiling.

It may take weeks or months, and yes, sometimes even longer, for some to get their buttocks to the floor. But when they do they feel as if they've conquered the world! (Or at least the fear in their knees.)

Here's a tip to help speed up the progress of opening ankles sit down Japanese style in front of the TV for a few minutes at a time then start to open up your feet when you feel ready and start the process of bringing your hips

younger days I was extremely active--distance running, Japanese martial arts and Sheriff's Department SWAT team member. As I've aged, I have gotten stiff and just don't have the movement I used to have.

T: I like extreme sports, and challenges! What better than yoga that is hot!! The heat is what has helped my shoulder the most!

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

J: The way the studio is run! Very professional, but at the same time with a friendly, family-type attitude, totally committed to Bikram Yoga as a way of life.

T: Of course the instructors! But also the location is convenient to our house.

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

J: My stiff body and finding all the poses to be difficult. I've come to realize we're all different and in different stages and if I work hard at this it will be a benefit to my whole life. I've seen some improvements already and realize it's working!

T: Dealing with the fear I had from past injuries. I was afraid to stand on one leg and bend over for fear my knee would not stay in place. I just did what I could as best as I could within my comfort zone, and slowly tried going further little by little.

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

J: Savasana! As I relax on the floor, I get to reflect on the pose I just completed. I critique myself and think about what I could have done better.

T: My favorite pose is standing bow pulling pose. It is a fun pose to be in, and it is very elegant but strong at the same time.

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

J: They're all hard for me, but probably be Standing Bow Pulling pose. The stretching combined with the balancing and the locking of the knee is truly multi-tasking!!

T: Triangle. My back foot slips, I cannot get down into the position for my legs aren't strong enough yet. It feels awkward, and mentally I know it is my hardest!!!!

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

J: It's gotten me back into an exercise program...a program that I find very challenging. Some people may think yoga is for sissies...let me tell you, it kicks my butt every class!! It's made me more aware of my body and my eating habits. I feel better overall about myself.

T: First I no longer sleep in pain from my shoulder injury. I deal with my stress from work in class, and it complements my new running regime.

**What keeps you motivated?**

J: Each day in class is different and always challenging. Every few weeks I will suddenly notice that I am stretching a little further in some pose or balancing a little better in an other... these tiny improvements are exciting and keep me wanting more!

T: The yoga is addicting all on its own. I like to compete with myself and each class I try to get a little further in camel or bow. The other students at the studio have become my friends and a

And now to some thoughts about plastics. No plastic containers in the microwave, no water bottles in freezer, no plastic wrap in microwave.

Dioxin chemicals causes cancer, especially breast cancer.

Dioxins are highly poisonous to the cells of our bodies and are thought to be released when plastic is heated or cooled. Freezing your plastic bottles with water in them releases dioxins from the plastic, which is real tempting when we do hot yoga. Try adding ice cubes to a wider-mouthed bottle like a Nalgene bottle.

Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital says a very simple way to avoid them is by not heating food in the microwave using plastic containers.

This especially applies to foods that contain fat. The combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Use glass, such as Corning Ware, Pyrex or ceramic containers for heating food. TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Fast food restaurants have already moved away from the foam containers to paper, the dioxin problem is one of the reasons.

Saran wrap's a plastic, too, and should be replaced when heating food with a paper towel.

down. The key to this posture is going in very slowly and very mindfully. If you only do 10% of the posture but do that 10% correctly with the right form, you will get all the benefit you need. Bikram says profanity under the breath on this posture is ok, but giving up is, "illegal, immoral and therefore out of the question."

great support with their smiling faces every time I show up.

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

J: Don't be intimidated if you can't do everything perfect at the beginning. Do the poses to the best of your ability and you will see improvement over time. And if you feel discouraged in class and I'm there, glance over at me and realize that if I can do it, you can do it!!

T: Ignore the heat, and then embrace it; the hotness will become your friend. Start and just keep coming.

rose@bikramlacanada.com Rose Malmberg