

Studio Announcements

Bring a Friend

Get a \$5 Studio Credit for each friend you bring/refer who buys a package. We will do this through the month of April.

Setting up in the room

To allow new students the opportunity to see others practice, they should be allowed to practice in the back row - or at least not in the front row. If you are more experienced, you should not practice in the back row. Please leave it open for the newer students.

Modifications

If you have been given a modification, it should be used for 1-2 weeks. Then you need to reexamine whether or not you still need the modification. Modifications do not go on into perpetuity. Additionally, if you have a modification, please set up in the back row or the middle row. The front row leads the room, visually as well as energetically - so avoid the front row, as a new student may be watching you for guidance.

Talking... yes, before class

Yes, please talk and enjoy the company of others before class - that's why we keep the lights on. During and after class, please remain silent in the room.

Smelly "Yoga" Clothes?

Try Zote. This is a soap made in Mexico. It has a high fatty acid concentration 66%, which helps to lift out body smells and even old stains.



Yogi Q&A: Janine Bell

Name: Janine Bell

Age: 55

Profession: Human Resources Professional

Been doing Bikram since: restarted end of 2008. Had previously practiced a couple of year ago

How many times a week do you practice?: I want to go 5 times a week - but more often it is 3 to 4 times

What inspired me to start Bikram?: I feel so much better when I stretch and create more flexibility within my body. However, this last time (December 08) I knew that I needed to strengthen my knee after surgery. I have had three surgeries on my left knee. In January 07 I had a knee replacement. Then in November 08 they had to replace my replacement.

Why Bikram?: I really have done a bit of everything with boot camp being the latest craze. However, it was boot camp (and not enough strength in my knee) that contributed to the latest knee problems.

My favorite things about Bikram: It took a while to make it happen, but being in the room and not thinking about my day or things I need to do. As a parent and wife, life is always on the run, and I am usually last on the list. Bikram gives me "my time" while working out and feeling better.

The hardest things about Bikram: The hardest thing is now my favorite thing as stated above.

Favorite pose? Probably Rabbit because it works my second weakest area (my knee being my first) which is my upper and lower back.

Hardest pose? I have several. Eagle is

Highlight: Sit-Up

Sit-ups strengthen and tone the abdomen, invigorate the body and increase the flexibility of the spine.

If you have a bad back, do not try the sit-ups. Instead, just roll over and gently push yourself up off the ground.

Do the sit-up as a continuous motion. Don't stop when you are at the 90-degree angle, in a pike position. The spine should be rounded the entire time - as a warm up for rabbit pose.

Bring both arms overhead and cross your thumbs. (Do not clasp your hands; just cross the thumbs.) Lock your knees and flex your feet (point your toes to your face). Inhale, suck in your stomach, and sit up with your arms, head, and torso together. Your legs are straight, knees locked and heels touching the floor.



Don't stop when you are at the 90-degree angle. Instead, start your exhalation. As you do, suck in your stomach to activate the core muscles. As you come down, look at your stomach, bring your chin toward your chest, and curl your torso inward and down - to create front-side compression. Try to bring your forehead to your knees. Since you are bringing your arms and torso down quickly, with some force behind that action, you'll notice that when you do get your forehead to your knees - or as far down as you are able - you will naturally bounce back



If you have any laundry tricks, let us know. We will put them in the upcoming newsletters.

Kids Yoga, anyone?

Let us know if you are interested. We need your input. Should we try a 'regular' class on the weekends or during the week? The concentration will be on the floor series and may/should last 45 minutes. To begin with, it may be worthwhile having the parents participate.... Your input is greatly requested, if this is going to get up and running. Especially, since you are the ones who will need to drive the little ones...

Studio Credit

If you purchase studio credit for water and gatorade, please make sure that you write your purchase on the sign in sheet and circle the "ACCT" box. We need help keeping track of the credit for each account. If it is written down, it makes it much easier for us.

**Spring Teacher Training
Just around the corner, April 26-June 28**

We have three students going to this training; Shannon Buttleman, Greg White and Maria Schelpeffer!!!!

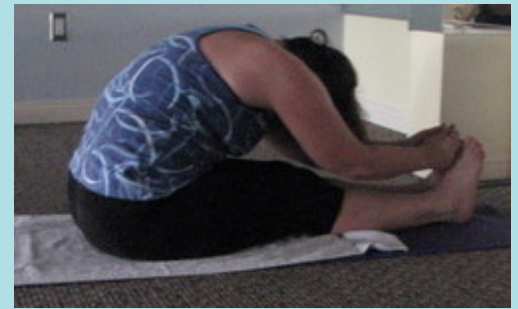
The Desert Springs JW Marriot Resort and Spa will be the official teacher training host for Bikram Yoga College of India. Fall training will be September 1, 2009- November 3, 2009. For more information contact Antonia at Antonia@bikramyoga.com!"

difficult because I still cannot make my knee turn. The same with Tree Pose. However, the absolute hardest for me is Standing Head to Knee pose.

What keeps me motivated? The fact that my body tells me when I have not gone for a few days.

Words of Wisdom? Sometimes it can be frustrating to see others in better shape and able to perform the poses. But you need to focus on you and what you can do. The other thing I am so much more aware of now is the verbal instruction. Each teacher focuses on different things which is great. All of a sudden you are doing a pose and something is said and it is like a light bulb going on.

up a bit as the torso rebounds gently upward. Don't try to stop yourself; this actually makes the sit-up safer.



Remember, you exhaled as you came down. Now, at the top of your upward bounce, exhale forcefully again (don't worry about the inhale; that will occur naturally, as in Kapalhati breathing - at the end of class) as you come back down to the curled and folded position. These exhales decrease resistance, compress the abdomen, enhance your acceleration, and relax the body. At the end of this second downward arc, bring the body to rest briefly, ideally with the forehead to the knees, grabbing your feet or toes with your outstretched fingers. Remember, do the sit-up as a continuous motion.



If you simply can't sit up no matter how hard you try, experiment with lifting the heels and feet a couple of feet in the air before you start the sitting up motion. Use the added momentum of the legs to help you reach your goal.



Janine Bell