

### We need your input about adding weekend classes!

#### Studio Announcements

##### 60-Day Challenge is underway

With that comes fuller classes. We want to add one class per day on the weekend to relieve the crowding. We would like your input.

The options are the following: 6:45am, 12:30pm or 2:30pm. We can tailor it our needs. These classes may be temporary. If the attendance stays up, we will keep them. Please email Rose, there is a link at the bottom of this page.

##### Yoga Mats

Please take your yoga mats home with you. There have been quite a few left at the studio lately. One of the incentives of completing the 60-day challenge is that you then get a year of free mat storage.... So, until you complete the challenge, please take your mats home.

##### Heater

The heating company inspected the heater on Tuesday, 2/10. The heater is fine. During extreme cold spells like we are in now, it is natural for the yoga room to be slightly cooler but we need to be careful not to overtax the heater. Be patient. The current cold spell will be over soon.

##### Spring Teacher Training April 26-June 28

The Desert Springs JW Marriot Resort and Spa will be the official teacher training host for Bikram Yoga College of India. Our inaugural session will be April 26, 2009-June 28, 2009.

#### Yogi Q&A: Rose Malmberg

**Name:** Rose Malmberg

**Profession:** Mother, wife and small business owner

**Been doing Bikram Yoga since:**

February 1998 - this month is my 10 year anniversary!!

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

I practice 4-5 times a week.

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

My boss, Tom McGovern, said that I should do yoga to make my back feel better. It hurt for 7 months before I did my first class.

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

"If it ain't broke, don't fix it." I have never tried any other form of yoga. I have been asked, "Don't you get bored doing the same poses?" No, my body has changed so dramatically, I will never get bored with progress.

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

I love the students here. It is a wonderful place to be!

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

I hated the heat. I really hated the heat. And... I couldn't breathe. My first class was on Monday evening - I hated it. When I woke up on Tuesday, I had no pain in my back for the first time in 7 months. I realized in that moment that I had no pain.... but that I had to do something that I detested... It was a very, very bitter pill to swallow. I was the most reluctant new yoga student.

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

I can't say, now. I have practiced for so long... they all have something that I love.

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

Triangle requires so much that it is difficult for me. However, other poses cause me pain

#### Posture Highlight: Standing Separate Leg Stretching

You will use your strength to create flexibility in this posture. You will stretch your legs, hips and spine by using your strength to pull your heels. Lock your knees by tightening your thigh muscles.

When you step to the right, make it a big step. The wider the stance the easier the stretch will become. Pigeon toe your feet.



Rose Malmberg

Look forward as you bend forward, then grab your heels from the outside, all five fingers together. Pull hard on the heels and come forward from the lower spine. Touch your forehead on the floor, very close in to the body. The weight of your body is on your toes but very little is on the forehead on the floor - just a whisper touch. Your back is perfectly straight, perpendicular to the floor, not rounded.

Fall training will be September 1, 2009-November 3, 2009. This should make it even easier for students to attend. For more information contact Antonia at [Antonia@bikramyoga.com](mailto:Antonia@bikramyoga.com)!"

#### **Studio Credit Available**

You can purchase studio credit (\$10 and up) that can be applied toward drinks, towels, etc. Please, no more "IOUS" for water...

We all have those days when we forget to bring water. Or maybe what we brought just wasn't enough. Or a nice cold Gatorade sounds might tasty after a great class. Or you just don't want to carry cash with you to class... searching for coins in the car. In the words of the great yogi William Shakespeare, "Never a borrower or lender be."

We ask that in order to keep track, you write on the sign in sheet what it is that you have consumed and circle "ACCT" so that we know to change the balance of your studio credit. Thanks!!!

#### **Letting go of the Environment**

Part of doing Hatha Yoga is letting go of the environment around you. Too hot, too cold. too smelly, not your spot.... no fans. Leave your ego at the door and enjoy your class, whatever that may be for the day.

when I do them, so it depends on my body that day.

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

It healed my back pain. I got married. I became a small business owner, doing something that I love.

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

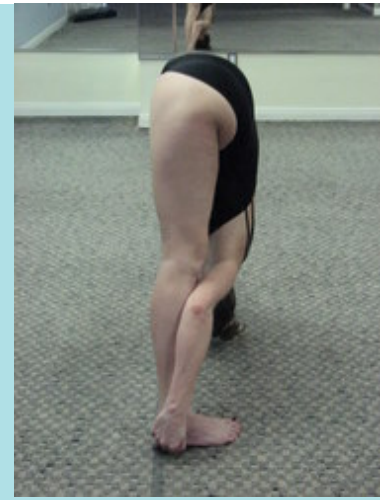
Eventhough I still have episodes of pain, I know that if I concentrate on the basics - the must do aspects of the poses - I will eventually no be in pain... I need this flexibility - as we all do.

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

In this most recent episode of back pain, when I did class, I told myself that I could not fall out of Standing Bow Pulling Pose - And... I did not fall. It really is so very mental.

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

The unintended consequences of this yoga will keep you coming. Leave your ego at the door and do the best that you can with the body that you have for the day. It is always changing.



So, you may be thinking that this is impossible for you. Truly, this isn't so hard and it requires patience. Let gravity do most of the work for you. The way you position your body is important and will benefit you greatly. If you find it difficult to grab your heels, put your hands on the floor in front of you, about shoulder-width apart. Your legs must be locked. (Straight isn't good enough, they must be locked, to protect the back of your legs.) With your legs locked and hands on the floor, bend your elbows and roll your body forward to bring more weight into your toes and reach your forehead to the floor. Be patient, with repeated stretching you will feel your tight muscles stretch, lengthen and unwind. In time, you will touch your head to the floor between your feet. Look for progress. When you can grab the sides of the feet and not the heels, do it. Even if it is only the fingertips, initially. "If you can, you must", Bikram says.

For those of you who find this easy, no problem, take a shorter step. Narrowing your stance will make the stretch more challenging. You must keep your knees locked.