

### Happy New Year!

#### Studio Announcements

##### 60 Day Challenge

Our Annual 60-Day Challenge will begin Wednesday, January 28th and run through Saturday, March 28th. You are welcome to start early, just like Tahia, Jennifer and Juanita! The new boards are up. What do you get for doing the 60-day Challenge? Good Health!! A new body, gold stars, a year's worth of mat storage and a pizza party!

We have a special package, **\$250 for the 60 days of yoga!**

##### 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!!!

##### 12:30pm classes all week!

We have added three more 12:30pm classes. We now offer them Monday through Friday.

We hope to see you there!

#### National and International Competition

##### February 7th and 8th

Our very own Jeffrey Rangel will compete at the Nationals and, if he places first or

#### Yogi Q&A: James Brison IV

**Name:** James Brison IV

**Profession:** Senior Applications Developer, Jet Propulsion Laboratory

##### Been doing Bikram Yoga since:

I've been doing Bikram Yoga, off and on for a couple of years. I started practicing more consistently after doing the 60 day challenge in 2008.

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

I practice at least 5 times a week.

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

Friends from work inspired me to start.

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

I've tried different types of yoga, Bikram Yoga seems to be a better fit.

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

My favorite thing about Bikram La Canada, beside the grueling practices, is the camaraderie with fellow students and instructors. I practiced at a different studio for over a year and couldn't name a single student, but at La Canada it's different. It's like an extended family here.

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

Staying hydrated. Before starting Bikram yoga I wasn't a big water drinker.

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

The final Savasana. It's nirvana after a serious work out. So I achieve nirvana at least 5 times a week, not bad!

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

Triangle is without a doubt my hardest posture. By the time we get to triangle I have a puddle around my yoga mat, so it's hard to maintain the posture without my feet slipping.

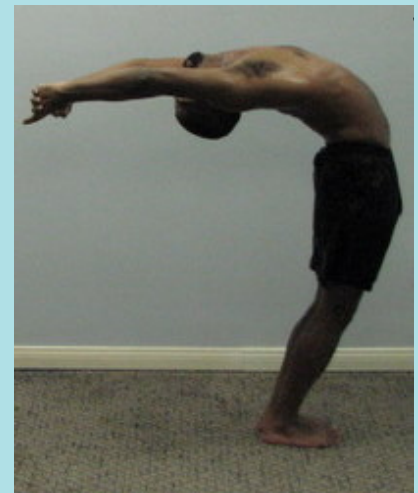
##### What changes has doing this Yoga brought to your life?

Since doing the 60 day challenge in 2008, I lost 30 lbs, feel great and I'm in lot better shape. Now, I need to maintain it.

##### What keeps you motivated?

It's hard not to rest on your laurels, but to maintain my new

#### Posture Highlight: Backbending



James Brison IV

Half-Moon is where you develop the vocabulary of strength and flexibility that you use the entire class. Four-way flexion of the spine, we call it. But that third part--the backward bend--can be tough. "Your lower back is going to hurt like hell..." Bikram tells teachers to say. Not that that's the posture, but it is a side-effect of stretching your spine.

Think of the backward bend as a stretch for your front, using the same upper body strength you used to go right and left, it can become a more empowered posture on your part.

The key to this is understand that part of bending backwards is lifting upwards. Too often we can hesitate--by not dropping the head back, by not lifting the chest up, by not reaching back--and that can mean a lot of pressure on the low back. Remember, though you may encounter imbalance along the way, you are striving for balance. So lift the chest up, drop the head and bend your body back, way back, low, middle, upper back whole spine backward bending. Your neck's part of your spine. In fact, in a backward bend, it's the first thing that bends.

Think of the back bend as a rite of passage for the body, a way to get through fear and trust the series.

second (again), he will compete in the International Bishnu Charan Ghosh Cup Championships, February 7th and 8th at the Westin LAX in Los Angeles. More information: [www.bikramyoga.com](http://www.bikramyoga.com).

## Spring Teacher Training

### April 26-June 28 Teacher Training Comes to Palm Desert

From Bikram World Headquarters: "We have found a permanent home (next 4 years!) for teacher training. Palm Desert, California made us an offer we couldn't refuse. They have even proclaimed November 17th as Bikram Yoga Day. It will be the same fabulous and strenuous training but at a far superior location with easy airline access from Los Angeles. 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. 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)!"

### 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.

### Consider Showering Before Class...

Which brings us to our next point: if you smoke, ate a really garlic-y lunch, maybe you've had one those stressful days, maybe you just like wearing scents during the day, please shower BEFORE class. The heat tends to amplify scents in the room. We've done a lot to keep the studio fresh and sanitized with daily cleaning and the ionizer, please do your part by neutralizing any odor you might have.

physical condition I need to keep practicing.

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

I notice when I do an honest floor bow, I can make my back crack ... good stuff!

### Any words of wisdom to new students?

Stick with it.

Before you know it, your weight's in your hands and you're getting ready for hands-to-feet pose.