

Summer Solstice is Coming!!!

Studio Announcements

Summer Madness

10% Off

any regular price package
Valid through June 28th

Full Service Yearly Special

For \$1350, you get two towels per class for the year, mat storage and one private lesson.

July Schedule Changes

July 4th - 8:30am, only
July 9th - Studio Closed, in honor of Bishnu Gosh

Upcoming Events

Advanced Seminar

June 28th - July 5th
Marriott Desert Springs
Learn the 84-posture series from Bikram Choudhury
\$999 includes hotel accommodation

30 Day Challenge (July 10-August 8)

30 day unlimited price - \$120
Under 25 student price - \$90

Couples Yoga

July 25th, 4:30pm
Bring your partner with you for a free class.

Kids Yoga

Focus on the floor series
30-45 minutes
Start one day a week (Thurs or Fri)
3:30 in the afternoon
Let me know if you are interested

Fall Teacher Training

September 1, 2009-November 3, 2009

Yogi Q&A: Marie Stein

Name: Marie Stein

Age: 48

Profession: Financial Services Consulting

Been doing Bikram since:

2004 (?)

How many times a week do you practice?:

5+

What inspired me to start Bikram?:

A work colleague suggested I try Val's Pasadena studio. LaCanada was closer and had class times that met my needs better.

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

I've done all kinds of yoga - at least once. I enjoy what my kids call "stinky yoga" because no matter what, I always work up a heckuva sweat and feel great - once it's over!

My favorite things about Bikram:

I like that there are regular students in their teens, as well as students in their 70's. It's inspiring. I also really appreciate getting correction & encouragement. It breaks me out of my reverie, forces me to listen and concentrate on the mind-body connection, and makes me want to work harder and improve. The teachers all pay close attention with their instruction and genuinely support everyone's progress. And it's always done with love. ;)

The hardest things about Bikram:

Everything was hard, from those feelings like "my body can't do that" (which applied to every pose except for savasana) to dealing with the heat (I always know it's going to be a tough day when the sweat starts stinging my eyes in half-moon) to just getting to class. As a divorced working mother of two and primary caregiver for an elderly parent, I had a hard time seeing myself as a "yoga bunny"; so it took me a while before I could bring myself to even wear shorts so I could see whether my knees were locked, and I just recently started wearing midriff-baring tops so I could be more conscious of my

Posture Highlight: Standing Separate Leg Head to Knee



Marie Stein

Goal

Bring your head to our knee with the legs straight.

Start with your feet together, arms overhead. Palms together, thumbs crossed, elbows locked. Take a big step sideways to the right; at least three feet. (A wider stance will make this stretch easier to accomplish.) Pivot on your heels to the right. Turn your hips and torso to face the right. Your left foot is at a 45-degree angle and both heels are on the same line.

Keep both legs absolutely straight, stretch up toward the ceiling, then curl your body down - as in Rabbit Pose. Bring the forehead to the right knee. Look at your belly button and exhale 100% of the air in your lungs. Suck in the stomach to create compression and stabilize the spine. Your clasped hands should rest gently on the floor in front of your foot, with the arms and elbows straight. Square your hips so they become parallel to the floor.

This can be difficult if not impossible to achieve, at first.

Breathing deeply will help you get further into any stretch. So inhale and exhale fully, keep the breath under your control, and with

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 . For more information contact Antonia at Antonia@bikramyoga.com!"

breathing. I still flinch when I see belly rolls and muffin tops at half-moon! But, now I think about how I can make more of those rolls by getting deeper into the pose, versus regretting the double enchiladas & ice cream I had at lunch and feeling self-conscious. Wearing less makes you focus on form and alignment, allows some of the sweat to evaporate, and makes you more comfortable and confident in your body and what it can do, rather than just what it looks like, to you. Truly the hardest thing, though, was getting past the feelings of nausea, too-much-sweatiness, cramping, et. al., and realizing those feelings weren't synonymous with failure. Some days your body just won't do what you'd like it to do; and your head needs some clearing out. But then, there are those other days when you can surprise yourself by pushing past the edge discovered while getting nauseous in camel the class before, or by keeping your palms together all the way through standing separate head-to-knee, and you triumph just by getting through the class.

Favorite pose?

Don't really have a favorite - depends on the day, and most recent "breakthrough". I like spine twist, because it comes at the end of class and I never feel like I've gotten enough of it. Still have no idea how to get my knee down and my hand on my ankle but touching my... whaaa? Just can't think about it; just have to stretch into it, and do it. And then pretend to be a corpse, and sit-up from the dead. And then breathe fire. And play dead, again, in final savasana. Too funny, and kinda wacky, but it feels good.

Hardest pose?

Probably tree and toe stand, because I'm convinced my hips just won't go there. My foot always slips, I can't power through it, and although I can balance for toe, I have a (very) old knee injury and my knees feel like the ligaments are ripping everytime. Took me maybe 4 years to get the courage to get all the way back on the floor on fixed firm, though; so I have hope. And I'm getting closer...

What changes has doing this Yoga brought to your life?

In the early years, I rarely took more than 1-2 classes a week, usually on the weekends; enjoyed it, but didn't feel that I was making much progress. I took about a year or so off yoga starting in 2007, and moved twice, sent kids to college, quit my very stressful job, and took a long trip down the Silk Road. I started doing yoga again about 9 months ago, because I needed discipline and a routine to calm the anxiety I felt about being unemployed, as well as needing to find an internal space to try to cope with the myriad of changes and challenges in my personal life. Finishing the 60-day challenge this year not only got me a discount on future classes, but also helped me lose 25

each exhale, try to go a little deeper into the pose.

It is simple to touch the forehead to the knees: tuck the chin and keep it there as you move toward the knee. Eyes on the belly button. Many benefits are lost if the forehead and knee come apart. So, bend your knee as much as you need to in order to get the forehead to touch. Remember, the forehead shouldn't go lower than the knee.

From this position, to achieve the ideal posture, push into the floor with your fingertips, elbows locked, and push on the knee with your forehead, straightening the bent leg, eventually, into the locked-knee position. You'll feel the stretch in the back of the knee.

Straighten up in the exact reverse of how you went into the pose. Maintain your wide-legged stance, pivot on the heels, and turn to left. Do it again on the left side.

Once your body recovers from its initial indignation, progress in this pose is swift.

Benefits

Trims the abdomen, waistline, hips, buttocks and thighs. It massages and compresses the thyroid gland, which helps to regulate the metabolism and immune system.

pounds I didn't need, go down multiple clothing sizes, improve on several of the postures, and best of all, made me feel accomplished and capable, stronger, confident, less anxious, healthier, and all-round happier.

What keeps me motivated?

We can't always do what we'd like to, to change or control our circumstances, but we can try to improve and change ourselves. Just getting to yoga each day I can, even if I sit out a few poses, and having that supportive yoga "family" to keep me in line and fully in the moment, helps me work towards a worthy goal of self-improvement. Feeling and looking good sure beats feeling and looking not-so-good; and life is too short and too wonderful to be feeling "eh" all the time. 'nuff said.

Any recent breakthroughs you'd like to share? I had so many "aha" moments during the 60-day challenge that it's hard to pick just one. Recently though, I realized that I could tell if I was doing rabbit right -- if I'm almost suffocated by my own chest, my spine is curling the right way. Every body is a little different!

Words of Wisdom?

Take the time to take care of yourself and listen to your body; try to be consistent and regular in your practice - it makes a huge difference - but most of all, persevere. And take pride in your accomplishment. That's enough, and well-deserved. And trust me -- don't ever have a huge lunch with dessert and a martini less than 2 hours before a class, and expect to be able to do much more than sit in the heat. Just let it go, and try your best, no matter how much fun Rose makes of your condition. You got there, and that's enough for today. :)