

Studio Announcements

60 Day Challenge Party

This Saturday, March 28th - directly following the 4:30pm class. All are welcome to come and enjoy good company, food and friendship.

Please email Rose if you have "penned" or "penciled" this on your schedule, as we need a head count to order food. Also, let her know if you will come alone or bring someone with you.

Schedule Changes

Beginning April 2009, the 10:15am classes will be canceled. We will keep the 12:30pm classes, Monday through Friday.

As far as the new weekend classes (6:45am Saturday and 2:30pm Sunday), we will keep them as long as attendance is up. As always, I look forward to your input, regarding changes.

Talking... yes, before class

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

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 April 26-June 28

We have three students going to this training; Shannon Buttleman, Greg White and Maria Schelpeffer!!!! They are working on learning as much of the dialog as

Yogi Q&A: Stephanie Drucker

Profession: Mom to 2 teenage daughters.
Financial Officer for family business

Been doing Bikram Yoga since: Fall 2002

How many times a week do you practice? 3-5, since July 2006. Early on, I came only about once a week.

What inspired you to start Bikram Yoga?

I wanted/needed to expand the mind/body connection in my workouts.

Why Bikram Yoga?

I like that it is the same each time. It makes it easier to access how my body is changing from my practice.

Had you done other kinds of hatha yoga?

I started doing yoga about 13 years ago at a studio where the owner had studied under Bikram in the early days. The studio opened before Bikram started franchising. The classes were pretty close to the 26 Bikram postures.

What are your favorite things about Bikram Yoga La Canada?

It has a family atmosphere. The people are friendly & supportive.

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

The hardest thing for me in the beginning was silencing the voice in my head wanting things to speed up. At the time I was doing a lot of step aerobics and found the slow pace of yoga challenging.

What's your favorite pose why?

I have thought about this during my last few classes, and it changes every time. The obvious choice is the one I find the easiest. Right now I am working through some hip & back pain from a pinched nerve and everything is a challenge. I have learned to think of the poses I find most challenging to be my favorites. I think they are the ones my body needs the most.

What's your hardest pose and why?

See favorite pose answer.

What changes has doing this Yoga brought to your life?

Posture Highlight: Dead Body Pose - Savasana



Stephanie Drucker

Savasana is the most important posture in Hatha Yoga. The complete stillness gives this posture its name. Translated it means "dead body pose" or "corpse pose." Savasana is actually a powerful way to breathe life into the body - rather than kill it.

When done properly, this is the most difficult posture because it requires complete stillness. (That means no wiping, scratching, drinking, fidgeting.... etc, etc, etc.)

Lie flat on your back. Keep your limbs straight and bring your heels together.



Bring your arms close enough to almost touch the sides of your body and turn your palms upward toward the ceiling. This is an external rotation of the shoulders and releases pressure in the shoulder joints.

possible, before training begins!!!

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!"

It helped reduce my genetically high cholesterol. What I appreciate most is how it helps me stay focused & calm in my everyday life.

What keeps you motivated?

How I feel at the end of class.

Any recent breakthroughs you'd like to share?

Touching my forehead to the floor.

Any words of wisdom to new students?

Keep coming back, listen & lock your knees! You really have to practice more than a few times to break through the initial challenges, silence the committee in your head & get used to the heat.



Keep your eyes open to remain present and awake.



Let the floor support your full weight and relax your whole body as one unit.

Concentrate on your breath. Keep the mouth closed and breath through the nose. Inhale deeply, through your nose, and feel your abdomen rise. Exhale fully and feel your abdomen fall. Softly fix your gaze on a single point on the ceiling or an arbitrary point in space.

On a physical level, using Savasana after certain postures; 1) finishes the compression, in which internal organs are deprived of blood and 2) accelerates the release cycle in which internal organs are then flooded with blood. You need the active part of the posture to compress and you need the stillness after, to release. You cannot have one without the other.

The circulatory flow, after some postures is increased to nearly twice its normal speed. The high-speed cleansing flushes out accumulated toxins, free radicals and other debris in its powerful current, while it brings oxygenated blood. This natural irrigation and internal cleansing that occurs after the compression in the postures is how we gain energy through yoga practice. This is how you can leave more energized and revitalized than when you came in. Without Savasana, you discard less waste and receive fewer benefits.

