

Memorial Day Schedule

Yoga Mixer

Come join fellow yogis at Three Drunken Goats Saturday, May 30th from 6pm-7pm. Food is Spanish Tapas (appetizer style) They have wine, beer, sangria and a champagne bar. Approximate cost \$25-\$30 per person. 2256 Honolulu Ave., Montrose. RSVP to Tom Martinez at teamcfr@sbcglobal.net by Tuesday May 26th. Need to know early regarding space and menu choices.

"Abbarella"

Sherene Abay will be leading students from the Montessori school in a production of Cinderella to the music of Abba. She says it will be excellent for Rose's children to attend, what with the music and the kids performance. Where: Lanterman Auditorium When: Friday, June 12th Details and fliers to follow.

30 Day Challenge (July 10-August 8)

30 day unlimited price - \$125
Under 25 student price - \$90

Memorial Weekend Schedule

Saturday - Regular - 6:45am, 8:30am, 10:30am and 4:30pm
Sunday - Regular - 8:30am, 10:30am and 2:30pm, 4:30pm
Monday - Changed - 8:30am and 4:30pm, only

Keep the cap on

In order to keep the carpets clean, please keep the top of your water screwed on the bottle. Sometimes they get knocked over. Water is one thing.... but Gatorade or other things stain the carpet. We realize you may want that drink so fast you just don't have time to take the cap off.... well, now you do. Keep the caps on.

Kids Yoga, anyone?

We did receive feedback. It seems like we can start with once a week, in the later afternoon around 3:00pm. We could even start as late as 3:30, if necessary. Truly, it is up to you - as you need to pick up the kids from school and drive them over. The concentration will be on the floor series and should last 45 minutes. To begin with, it may be worthwhile having the parents participate.... Let us know if you are interested and which day of the week is best.

Smelly "Yoga" Clothes?

Try Vinegar. Use a cupful of vinegar in the wash. Let the clothes agitate and sit for some time, drain the water and wash as usual.

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.

Fall Teacher Training

September 1, 2009-November 3, 2009

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!"

Yogi Q&A: Colin J. Lublin

Age: 34

Profession: General Manager, The Coffee Bean

Been doing Bikram Yoga since:

June, 2008

How many times a week do you practice?

4-5 times/week

Who inspired you to start Bikram Yoga?

Kimberly Rubal

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

After doing an extensive amount of research into the differing styles of yoga and upon the strong recommendations of Kimberly, I decided Bikram Yoga best-suited my desire to have an activity that balanced physical exertion with mental focus. I have tried other styles of yoga twice and I didn't enjoy the unstructured environment and rainforest music. I've also tried 2 other Bikram Yoga studios. I appreciate the environment and instructors at the La Canada studio.

What are your favorite things about Bikram Yoga La Canada?

The experience from start to finish is refreshing. I am always greeted at the door (often by Mayo - who is fantastic) The instructors, without a doubt, keep me coming back. I look forward to classes with each of the instructors. They each have a style that is consistent in execution but so different in personality that it allows me to focus on different aspects of my practice.

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

Eating the right food and consuming enough water to suit my energy needs in class. I had to plan and sometimes force myself to eat better and drink more water.

What's your favorite pose why?

Dandayamana Dhanurasana (Standing Bow): I feel I have made favorable progress in this pose. I still struggle to get deep into it but I have made it my goal to be able to demonstrate this asana well by September 2009. Mostly, I enjoy the way it makes me feel.

What's your hardest pose and why?

Garurasana (Eagle Pose): I cannot seem to make even a millimeter of progress in this pose since I started 1 year ago. This pose seems not to have been developed for a male - I'm just saying. :)

What changes has doing this Yoga brought to your life?

I started Bikram Yoga about 1 year ago. I practiced consistently for 2 months until my father was in a tragic accident in September of 2008. I spent 3 weeks at Huntington Memorial Hospital while an impressive medical team tried to salvage my father's crushed skeletal system. Fortunately, he took his last breath on October 5, 2008 at 4:18p. I say "fortunately" because all that remained of his body was an old soul that continues to provide me inspiration in this life. He would have been inconsolable to wake up without the ability to walk or write on his own. Not too mention the brain damage he sustained from strokes caused by blood clots.

After spending weeks and weeks mourning the loss of my best friend, work was good but did little to distract me from this absence in my life. Kimberly found me at my work to see where I had disappeared to. After I told her the story, she extended a warm, sympathetic smile and said "You have to come back to yoga - it will help". She was the first person to venture the notion of being active again - instead of "taking time away from everything". I returned after taking close to 4 months off and she could not have been more correct. I was again hooked. I started and successfully finished the 60-day challenge shortly thereafter.

I know not how to solidify my thoughts into words but Bikram Yoga has, on a simple level, helped me lose the weight I have struggled to lose for years since I left Colorado where I skied and hiked everyday. On a more metaphysical plane, Bikram Yoga makes me feel things simultaneously I have never felt in my whole life - balanced, focused, fit, energetic... happy. It is a relief to discover one's passions.

What keeps you motivated?

I first started Bikram Yoga in June, 2008 through GCC extension. I was immediately inspired by Rose's teaching. In fact, I called her the next day and said once per week isn't going to fly with me. So, I came back everyday for the next 6 days and was introduced to some of the other instructors - I continued to be inspired by their guidance. To me Bikram Yoga is a very internal exercise in physical endurance and mental acuity but without the proper person leading the session - it can start to lose its progressive nature. In that sense, the La Canada teachers have been kind to me.

Any recent breakthroughs you'd like to share?

I don't have examples of specific breakthroughs in poses although I sometimes get praise during the latter aspect of Salabhasana. I still view myself a rookie.

Any words of wisdom to new students?

I have very few of my own words of wisdom. It serves me well to borrow from others.

"The happiness of a man in this life does not consist in the absence but in the mastery of his passions."

-Alfred Lord Tennyson