

### April Showers Bring May....

Saturday 2:30PM Classes!

#### Studio Announcements:

**Sat. 2:30PM class,  
begins 5/1**

**So, you know those  
Saturdays you can't  
quite get to a morning  
class but just can't wait  
until 4:30 pm (especially  
if you have a hot date?)**

**Well, starting this  
Saturday 5/1 we'll be  
adding a 2:30 pm class  
for all of our wonderful  
students who've been  
asking for one. The  
Sunday 2:30PM class  
has been doing well.  
Thanks for your  
support, your  
attendance and your  
enthusiasm, and see you  
Saturday at 2:30PM!**

**Spring in to Summer  
Special**

**Need extra incentive to  
get into shape for  
summer? For the first  
time ever, enjoy these**

#### Master Class, Master Cause, Massive Contribution!

I am so so so grateful to report that our "**Master Class for a Master Cause**" with Craig Villani, Director of Bikram's Teacher Training, raised \$1909 for our dear friend and inspiration, **Jason Winn**. I can only say that the outpouring of support from our community was truly amazing, and the class itself was phenomenal. So thank you, thank you thank you.

I heard so much positive feedback from students about Craig's instruction, that we have a tentative date for June 26th for another Master Class. (Same bat time, same bat channel.)

The following are brief examples of what people have told me about how the class has impacted their practices:

**Danuta Biernat** says that she remembers the word "decompression." This came as a revelation for her, in a class where sometimes all we think we hear is "lock this," "tighten that" and "body down, leg up." In other words, the end result of all that tightening and locking is in fact to decompress - the spine and the spirit. She also mentioned that Craig encouraged the class to think about "healing your body" rather than focusing on the physical aspect of the yoga practice. This resonated with her and gave her a new perspective on what her mindset should be when taking class.

**Masako Gallagher**, meanwhile, took away a clearer idea of how exactly to "lock the knee." She explained that Craig taught how to lock the knee in a particular order. First, tighten and bring up the thigh muscle, then push your knee back. That way you create space in the knee joint where the three bones come together.

For **Bob**, the instruction that resonated in Locust Pose - and I bet a lot of men can relate to this - is the importance of stretching the arms to opposite sides of the room, first. Craig emphasized extending the arms out before you lift the chest up, which actually makes it a lot easier to lift the chest.

#### Yoga With Your Kids?

We'd like to start offering a "kid's practice" once a month on Saturday, say, around 12:30PM for parents and their kids to learn about yoga together. It'd be an hour class, with the heat off, focusing mostly on the floor series (don't worry, no Balancing Stick), one set of each posture. Parents will join their kids in the class and participate in the instruction. It'd not only a great way to share something fun (and let's not forget healthy!) with your kids, plus it's a great way to introduce them to the physical and mental focus of yoga. So if this sounds like something you'd be interested in, please talk to Rose. We'll have more details how about the class when we get an idea of who'd be interested. Like Bikram says, "Never too old" - well, let's think of it as "Never too young."

**pre-summer specials to  
get your practice going  
before the temperatures  
outside start growing!**

**Starting Sunday 5/9,**

**take advantage of**

**- 15% off unlimited**

**packages**

**- 10% off class cards**

**- 25% off regular priced**

**yoga clothes and**

**accessories**

**These offers will be good**

**through 5/31. You're**

**welcome!**

## **Memorial Day Weekend Schedule**

**Limited schedule**

**Memorial Day**

**Weekend, May 28-30.**

**Saturday and Sunday**

**we'll have class:**

**8:30 am**

**10:30 am**

**4:30 pm**

**Monday we'll only have**

**8:30 am**

**4:30 pm**

**The Memorial Day  
parade on Foothill Blvd.**

**will pretty much shut**

**down the street most of**

**the day *Please allow***

***extra time to get to the***

***studio Monday and have***

***a safe, happy and healthy***

***(hint: do yoga!)***

***Memorial Day weekend!***