

# Bikram Yoga La Canada

[www.bikramlacanada.com](http://www.bikramlacanada.com)  
711 Foothill Boulevard  
La Cañada, CA 91011  
818.952.5335  
[info@bikramlacanada.com](mailto:info@bikramlacanada.com)

## Newsletter

### Studio Announcements

#### 60 Day Challenge Tiger Shorts Pics and Party!

**This weekend(3/27)** we'll be taking pictures of our 60 Day Challengers in (Bengal) tiger (strength) shorts during the morning classes 8:30 and 10:30 am. We'll be hosting the 60 Day Challenge party from 6-8pm. Tasty treats, engaging conversation, yogi comraderie and the chance to see what everyone from class actually looks like with clothes on!  
**Everyone is welcome!**

#### Easter Schedule

Easter Sunday, April 4th we will have 8:30am, 10:30am and 2:30pm classes, only. Saturday we will have a regular schedule.

#### 12:30pm classes move to 12:15pm

The new sandwich shop has made lunchtime parking a little tougher, if, admittedly, tastier. So starting 3/22/10, our 12:30pm classes will move to 12:15 pm. *Fifteen. Fifteen. Fifteen minutes earlier so you can park.*

### Spring Teacher Training

#### April 18-June 19 Spring 2010 Teacher Training Comes to Las Vegas Hilton!

It'll change your practice. It'll change your life. It'll sure as savasana change your view of Vegas. Spend nine weeks with Bikram and his A-list line-up of senior instructors and visiting health professionals learning anything and everything there is to

### Yogi Q&A: Roxanne Armstrong

**Name:** Roxanne Armstrong  
**Age:** 46  
**Profession:**  
Massage Therapist and Bikram Yoga Teacher

**Been doing Bikram Yoga since:**  
I started about a month after the La Canada Studio opened, I think it's 7 or 8 years ago.

**How many times a week do you practice?**  
I prefer to practice daily but I probably average 5 days a week.

**What inspired you to start Bikram Yoga?**  
The location was the main inspiration. I was not actively searching for a yoga studio or practice. I have always been active and it was something new to try.

**Why Bikram Yoga? Had you done other kinds of hatha yoga**  
Bikram Yoga works. As a massage therapist my physical body works hard, and yoga like massage is a healing modality. At this time in my life I do the practice for the healing benefits, where in the beginning it was just another way to workout. I've tried a few other hatha yoga classes over the years but they never seem to be as complete as the Bikram series.

**What are your favorite things about Bikram Yoga La Canada?**  
Everything, it's a great studio. It has it all; a convenient location, plenty of parking, full class schedule, showers, excellent teachers and dedicated students.

**When you started what was the hardest thing about the yoga and how did you overcome it?**  
Scheduling, finding the time to make it to class. My work schedule has always been irregular so I've learned to put Yoga on my calendar as an appointment and block that time for myself to go to class.

**What's your favorite pose why?**  
I like all of the postures, there is something I enjoy and find challenging about all of them. Although, I am happiest after Bow, and only

### Posture Highlight: Bow



#### Roxanne Armstrong

Bow ties the spine strengthening series together (literally) with the biggest backbend of the series thus far. Let the kick do the work (kinda like the standing bow). Grab your feet from the outside, two inches below the toes, to allow more lift to the chest, the goal is to "look up, kick up...don't stop kicking." If you think of the kick as extending the spine, not just bending or compressing it, it makes sense that Bow completes a range of motion (and lengthening) that began with cobra. The power comes from the legs and butt (and spine), the idea being, as you head towards camel (which is basically bow with gravity added), that the spine strength you've been building now helps with back bending flexibility.

Some details to mind:

- 1.) Keep your wrists straight, (as in - don't over grip your feet), and think of your hands like hooks. Your instinct might be to use your hands and wrists and arms, instead think of them as incidental, like ropes on a drawbridge that is your torso.
- 2.) A slight roll forward is necessary if you're kicking hard enough, but you don't want to roll back and forth. You need to get forward of the hipbones, on to the soft part of the belly. From the side, the instructor can see

know about yoga from the cellular level on up. Students do two classes a day and attend classes, lectures and posture clinics teaching a variety of health and yoga topics while learning Bikram's teacher "dialogue." For more information, go to [bikramyoga.com](http://bikramyoga.com) and see "From Shelly's desk."

## **Bikram Advanced Seminar Announced**

**Las Vegas Hilton, June 20-26**  
Bikram's Advanced Seminar 2010 will be held June 20-26 at the Las Vegas Hilton, the week after Spring 2010 teacher training ends. Check-in is at 3pm the 20th followed by orientation at 6pm. Then on Monday the 21st and for the entire week, the day starts with a Beginning class taught by either Bikram or his wife Rajashree.

After a short break (eat a banana, drink some Emergen-Cs) Bikram will lead attendees through the advanced series of 84 postures - 26 of which you'll recognize from your Beginning class - taking time with each one, including demonstrations, personal corrections and answering questions. This is a unique opportunity to learn the series Bikram's teacher, Bishnu Ghosh, taught him, as well as to gain insight into the hows and the whys of the Beginning posture in their original place in the Classic 84 postures.

The cost of the seminar, which includes two classes a day, six nights' double occupancy accommodation and a \$10 per day lunch voucher is just \$999. (Single rooms are available for \$1,400). Towels will be provided - just bring your own mats. Download the reservation form at [www.bikramyoga.com](http://www.bikramyoga.com). For more information, contact Bikram World Headquarters, 310-854-5800.

### **Nostalyogic**

Here's a super vintage clip of Bikram's teacher Bishnu Ghosh putting a student through his paces for Japanese television: <http://www.youtube.com/watch?v=mQ60ifTgxQk&feature=channel>. Yes, that posture really is called "gokillasana." Amazing, right? See

because it means the spine strengthening series is over!

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

I am still working on getting my left foot under my right calf muscle in Eagle, not that I find it hard, just my left hip is still too tight. Locust is hard, but I always give my 100% because I know it's good for my elbows and wrists.

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

The most recent change was going to Teacher Training and becoming a Bikram Teacher, which I had wanted to do since my very first class. Yoga changes my whole life by giving me strength, flexibility, endurance, focus, clarity and over all well being.

### **What keeps you motivated?**

First it's the obvious benefit of the health of my physical body, knowing that when I don't practice my body starts to ache and feel tired. Also, it's my 90 minute meditation, my time to quiet the mind become very present, doing only what is instructed at the moment of instruction, not before and not after, no thinking. I practice with focus and intention . . . ultimately to know my True Self . . . that brings me great joy and motivation.

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

I had two about a year ago. The first is seeing my toes over my head in Bow Pose and the second is touching my forehead to my toes in Stretching Pose. I have been focusing on more ease, breathe and lightness in my practice not visually noticeable but I feel it.

### **Any words of wisdom to new students?**

Yoga will teach you about yourself, stay open to new possibilities, leave your ego at the door and be patient. . . first you will change and then the whole world will change.

your feet over the center line of your body. 3.) Also, you don't throw your head back so much as look up. That sucker weighs a ton, might as well put it to good use; lifting, lengthening and, ultimately stretching. Especially when you hold it for a good twenty seconds each set. Savasana never felt so good as after a good bow - at least until you get to camel. Enjoy!

you in class!

[rose@bikramlacanada.com](mailto:rose@bikramlacanada.com) Rose Malmberg