

# Bikram Yoga La Canada

## NEWSLETTER

www.bikramlacanada.com  
711 Foothill Boulevard  
La Cañada, CA 91011  
818.952.5335  
info@bikramlacanada.com

### Schedule Updates

## July 4th Schedule

Three fabulous classes will be offered at 8:30a, 10:15a, and 12:15p. Be sure to wear your red, white and blues!

## Summer Special!!

One Month of Unlimited Yoga for ONLY \$89. (That's nearly 1/2 off the normal price of \$165 and a savings of \$76.)

All students - active, new, and returning are welcome to take advantage of this hot summer deal. Limit two (2) purchases per customer. A purchase may also be made in the form of a gift certificate.

**Offer is only available for purchase July 6-17, 2011.**

Summer Special package must be activated on or before August 31, 2011. Normal restrictions apply. No refunds, transfers, or extensions.

## My Favorite (and Least Favorite) Pose

By Shannon Buttelman

Throughout the journey of my yoga practice there have been many times I have "loved" a posture...and many times I have "hated" a posture. Most all of us have experienced those feelings at one time or another towards one, two, maybe even multiple postures.

When I first started my practice I turned out to be one of the rare people who LOVED Camel. Being able to tap into and release a plethora of emotions by simply moving my body was incredibly freeing. As my practiced progressed, and I became a teacher, I was able to go deeper and deeper - but I found it more and more difficult to find that release. After three years of practice Jeff showed me how to do Full Camel, and oh boy did that give me what I was looking for.

Last July I was in a pretty bad car accident. Fortunately, I did not brake any bones (the doctor said it was most likely the yoga that saved me) and I did not need to be hospitalized - but my neck, back and shoulders felt like "solid, concrete, one piece lamp post." My first class back was torture. I could barely look up to where the ceiling meets the wall let alone dream of attempting Full Camel again. What once felt miraculous was now filling me with fear, doubt and tremendous pain.

I kept practicing and little by little some of my spine began to loosen up - but it was all in my lower back. I suddenly found myself "dumping into my lower back" trying to be able to see the wall behind me. But my upper thoracic and cervical spine were still frozen, and it hurt...a lot! I hated Camel, and decided I needed to change my outlook.

I decided to start over, from the beginning, as if it were my first class. This took a lot of work and quite a bit of patience - but about a week ago, in Rose's class, I saw my feet when I went back in Camel and decided to go for it. I did it!

### No Late Entry for New Students

## Please Don't Be Late

First time students should arrive to the studio AT LEAST 20 minutes prior to the "class start time." This will provide enough time to get signed up, situated and ready to begin class with everyone else. Rushing in three minutes before class, not knowing how or where to set up in the room, and entering the room during Pranayama does not set up a good Bikram class.

Being on time is a practice that applies to the whole Bikram La Canada community. "If you're early you're on time. If you're on time you're late. And if you're late you're fired."

It takes a few minutes to get situated in the room. Please be courteous to others, and to your own practice, by giving yourself enough time to get to class.

## Lost and Found

Nicely tucked away in an area between the wall and where the rental mats hang to dry is a little place some of you may have never seen before. It is our "Lost and Found." It is currently overflowing with items ranging from water bottles to yoga clothes, headbands, towels, and other garments.

Please take a look to see if you may have left any of your things here at the studio. Anything unclaimed by July 15th will be donated to charity.

Doing Full Camel made me feel sick for the rest of the day... and I was so grateful for it.

There are always postures that are more difficult for some bodies. I am constantly reminding myself that the tough ones tend to be the ones we need the most. The difficult part is reminding ourselves not to judge ourself or our practice - but rather simply observe and do our best each and every day.

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

Lost and Found "valuables" are kept in a separate location at the front desk.