



**BIKRAM**yoga

# Forward Bend

A Newsletter from Bikram Yoga in  
Bend, Oregon

*Make your Body Smile!*

**April 2009**

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## The Many Benefits of Bikram Yoga



This month we want to celebrate and talk about all the amazing benefits of Bikram Yoga. We will be reminding you and giving you resources to discover all the wonderful healing stories that occur here at Bikram Yoga Bend and all of the Bikram Yoga world.

On Saturday April 11th at the 9am class we will have a special guest teacher from San Antonio, Texas - Lisa Ingle. Lisa owns two studios. This class will be a special donation class for [Okizu](#) in Novato, CA. The mission of [Okizu](#) is to provide recreational, respite and peer support programs to meet the needs of all members of families affected by childhood cancer. Our goal is to raise \$1,000 to donate to this program. You don't have to donate to come to class - and you don't have to come to class to donate.

Many times we hear non-students say that they can't do Bikram Yoga because of a particular health issue. Or current students will say that they can't come anymore because of a health issue or an injury. Is that really what you should do? The direct answer is no - it is all the more reason to come. Let me tell you why.

Bikram Yoga came out of Kolkotta, India. Bikram Choudhury's teacher was Bishnu Ghosh - a renowned expert on the healing powers of hatha yoga. Bishnu Ghosh taught Bikram what this power of yoga can really do. Bikram was very meticulously in his studies. He learned how each posture effected the body and the mind - how the yoga healed. Then when Bikram crushed his own kneecap, yoga healed him. Bikram himself is now regarded as one of the few yoga masters that truly undertands this.

Today there are countless personal testimonials. Students healing from a broad collection of physical and mental health conditions. It's like pow, a person feels better and might even be healed. Take a look at just a few of the many [testimonials](#). There are many examples of everything from cancer to heart disease, from knees to thyroids - examples of healing. Be sure to read the Student of the Month to find out Emily Rose's own experience.

We hope to see all of you in Lisa Ingles 9am class on April 11th. Lisa will talk about many of the healing stories from her studios.

If you are still in doubt about what Bikram Yoga can do for you, talk to us directly. If you have your own story, please share it with us. Your story just might help someone overcome their own challanges.

**Hope to see you in class today!**

**Michael Harris, School Director**

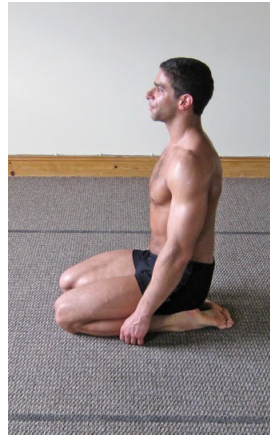
### Quote of the Month

**"Your never too sick, never to old, never to fat to start from scratch once again".**

## Bikram Choudhury

### Posture of the Month

#### Supta Vajrasana Fixed Firm



Ah, fixed firm. Time for the "unofficial party". the moment when everyone seems to want a drink of water. So is there more to this posture other than just a chance for more water? Of course!

So many students - maybe you - when first trying this posture can barely even sit on their heels - let alone between the heels. That is common and perfectly normal. Especially if you have had any challenges with the knees. In Bend, there seems to be a right of passage - you're not even athletic unless you have damaged your knees and had surgery. Most

important thing in this posture is to try the right way.

At first if all you can do is sit on the heels - that's ok. Slowly begin to open the knees and heels a little bit at a time until you can slid your hips between the heels and on the floor. Once you make it to that point it's time to move deeper as you can. Put your hands on your feet with your fingers pointing forward. Then one at a time drop down onto your elbows. As Bikram says, "now the protesting begins". Don't worry though, just keep going to the point you can. Next drop your head back, your shoulders coming to the floor then reaching for your elbows. Can you believe it? [Shazam](#), you are now in the posture. From here keep lifting your ribcage to the ceiling creating an arch in the back. Eventually bring your knees together. Sometimes it can take years to move into this posture. It's ok. As long as you try the right way.

Hope to see you in class today!

Michael Harris, School Director

## Student of the Month

### April 2009 Student of the Month



**Emily Rose**

Have you met Emily yet? If you have you know that this woman is a bubbly infectious person. So if you do or don't know her - read on and

hear her story.

Emily's first yoga class ever was June of 2008. She came into Bikram Yoga and since then has practiced five or six days a week. Physically she says that she feels energized, has a greater range of motion and feels pain free. And emotionally she says that she is content, happy and less stressed.

Now for the rest of the story. Emily's mother and maternal grandmother both passed away in their 40's from breast cancer. According to Emily both of them led a unhealthy life and did little to manage their cancer. Then in April of 2008 during her yearly check up a lump was found in her breast through an ultrasound. At the time it was not determined whether or not the lump was benign or malignant. A friend of Emily's then introduced her to Bikram Yoga in June. When she went back to the doctor in August the lump appeared to be shrinking. The doctors decided to continue to monitor the situation. When she went back for another exam in January two separate doctors could no longer find the lump.

Coincidence? Anecdotal evidence that Bikram Yoga helped her lump disappear? Maybe - maybe not. Emily says that it is truly amazing. Take a look at an article that [Dr. Joel Brame](#) wrote, "[Does Bikram Yoga Cure Cancer?](#)" Perhaps decide for yourself. I will say it is not the first time that this type of evidence has been seen in Bikram Yoga.

Today Emily says that she is continuing to make the choice to reduce her risks. She eats well. She hikes with her dog. She recently started rock climbing. And of course she keeps doing her Bikram Yoga. Sounds like a good plan for optimal health.

Now when you see Emily be sure to congratulate her on being April 2009 Student of the Month.

Hope to see all of you in class very soon..!!

Michael Harris, School Director

## Other News

### Bring a Friend Day

Our Bring a Friend Day in March was an overwhelming success. We had so many students bring their friends that we ran out of room. So we have scheduled another one - *Saturday, May 4th at 11am*. On this day a current student can bring a friend or family member that has never practice Bikram Yoga. The current student receives a week free yoga and the new student's class is no charge. And - on this day only the new student can buy a Month of Unlimited Yoga for only \$29. So everyone benefits. Be sure to sign up at the front desk to make sure we have room for everyone. And yes, we will have munchies and fruit for after class.

Be sure to check our [Gallery Page](#) on the website. We will continue to add new photos.

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We are looking for more testimonials. If you have a story to tell us about your yoga practice, please let us know. We might want to add you to our website. Take a look at the [Testimonial Page](#) now.

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To view schedule updates go to the [Schedule](#) on our website.

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We hope to see you in class today!!

**Michael Harris, School Director  
Bikram Yoga Bend, Oregon**

## The Unlimited Yoga Club

**Just \$99 a Month for as much yoga  
as you can do!**

Plus as a member of The Unlimited Yoga Club,  
you will always receive a  
**10% discount on all merchandise.**  
(except water products)

### Join Now!

Yoga, Yoga and more Yoga...