



BIKRAM *yoga*

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

June 2008 Issue: # 8

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Summer Time Bikram Yoga



**Bikram having fun after a yoga class
on the beach in Hawaii.**

Quick... What season of the year is the best time to practice Bikram Yoga? Of course, there is only one answer. All four seasons of the year. Every season and everyday is a great time to practice your Bikram Yoga.

So what's so great about Summer Time Bikram Yoga? I will name just a few. Your body tends to be a little more flexible in the summer due to the higher outdoor temperatures. Because the yoga room is heated to 105 +/- your cooler when you go back outside. It feels like air conditioning! By continuing your practice in the summer, all your other outdoor activities will be that much better. And of course, here at Bikram Yoga Bend, you can take a dip in the river - and many days you can also eat watermelon. Oh, I almost forgot.... You still receive all the amazing internal benefits from continuing your Bikram practice.

Hope to see you in class very soon!!

Michael Harris, Studio Owner and Director

Posture of the Month

Standing Separate Leg Head to Knee

Dandayamana-Bibhaktapada-Janushirasana





Standing Separate Leg Head to Knee is the 10th posture in the Bikram series. Bikram likes to call this a combination of balancing stick and rabbit pose. It really is a easy pose on it's own - yet right after triangle it can seem quite challenging. Of course since this is Bikram Yoga, it's supposed to be challenging.

A few things to remember. If the forehead and knee are not touching, the posture has not begun. This is essentially to get the proper compression on the internal organs and on the thyroid. Often times the hips can initially be twisted, so make sure that you apply weight to the front leg to get both hips level.

Some of the benefits of this posture include slimming of the abdomen, waistline, hips buttocks and upper thighs. Also with the help of the pituitary gland, the thyroid and para-thyroid glands this posture helps to balance the calcium in the body.

One of the best ways to learn more about the postures is to come to class everyday and read Bikram's Beginning Yoga Class book. Then, you will "Make Your Body Smile!"

Michael Harris, Studio Owner and Director

Student of the Month

**June Student of the Month is
John Holloman**



John has been practicing Bikram Yoga for about 15 months. Up until now the frequency of visits has been in his own words, "sporadic," but now he's committed to practicing a minimum of three classes a week. He is currently nearing the end of a 30 day challenge in which he has found that the consistency of practicing daily--regardless of attitude, stiffness, life happenings--the willingness to be present in the classroom for 90 minutes a day is effecting everything that happens away from the studio the other 22.5 hours of his day!

30 classes in 30 days is a challenge itself--being willing to experience whatever happens because of it is the bonus! Being in the room day after day, he sees the improvements and can reference the progress so much easier than when he came every once in a while. Even the external factors don't seem to matter anymore...the heat is a blessing to help work through injury and soreness, the teacher talking is now recognized as helpful instruction and encouragement, and the time in the room seems to go by faster and faster all the time. The list of benefits he's experienced so far in just a short time is incredible! Increased circulation is helping alleviate migraine headaches over time, as well as heal an old whiplash injury from a ski accident. He now has higher energy at work, at home, and at play. Fatigue has literally disappeared. His increased awareness and motivation has provided more happiness and serenity. All in all, he's becoming a better person, physically, mentally, emotionally, and spiritually!

Given the right tools, you can change your life and create an environment to support the lifestyle you desire. Learn to accept any challenges in life as positive opportunities for change to occur. John is using this daily 90 minute practice to create strength, balance and flexibility in every area of his life. John's most memorable experience in yoga class is his first day, describing himself prior to class as "spiritually and emotionally broken." He says, "all I wanted was one good day, even just one good hour. I walked out a changed man and have not been the same ever since."

Kathy Durham, Bikram Yoga Certified Teacher

Special Special Announcement

Rajashree Choudhury
Saturday October 4th
Riverhouse Convention Center



We are extremely honored that Master Yogini Rajashree Choudhury will be coming to Bend on Saturday, October 4th. Be sure to mark your calander now for this very special day.

Rajashree is one of the worlds most knowledgeable yoga masters. She was five time winner of the prestigious India National Yoga Championships and she is a former Mrs. India. She will truly teach us what it means to keep our heart open at all times. You won't want to miss this once in a lifetime opportunity.

Please visit www.bikramyogabend.com/Rajashree for more information and to register for the event.



Rajashree Choudhury

July 9th, Bishnu Ghosh Memorial Day.

At the request of Bikram Choudhury and in respect of Bishnu Charan Ghosh we are closed each year on July 9th. Bishnu Ghosh was Bikram's friend, teacher and guru. Bikram first met Bishnu Ghosh as a five year old child in Kolkotta, India. Bishnu Ghosh and Paramansha Yogananda were brothers. Bikram Choudhury is in the direct linege of these two great yoga

masters.



Bishnu Charan Ghosh

New Carpet

At some point this summer we will be replacing our carpet. At the same time we will be doing other miscellaneous touch up work as well. As a result of this work we will need to be closed for two or three days. Our yoga practice is very important so we will do it as quick as possible. As soon as we know the dated we will post it on the website and at the studio.

We hope to see you in class soon!!

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

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