



BIKRAMyoga

# Forward Bend

A Newsletter from Bikram Yoga in  
Bend, Oregon

*Make your Body Smile!*

June 2009

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## The Summer of Fun



One of the best things about living in Central Oregon is all of the outdoor recreation. Of course the other best thing is that there is a Bikram Yoga studio right here in Bend. With Bikram Yoga you are able to develop the

core of your mind, body and spirit to give you the inside training to be able to enjoy the great outdoors.

This summer we have a slate of activities coming up. We will be organizing kayaking, biking, climbing and hiking trips. If there are other activities you would like to see be sure to let us know. We will be announcing the [Events Schedule](#) shortly.

Remember to stay fit both inside and outside be sure to come to class at least three times a week this summer. One of the best times to practice is at the 6:15 am class. The early practice time will center you and charge you up for the whole day. You are then done by 7:45. Ready to do what we do in Central Oregon - work a little and play as much as we can. Just like Bikram says, "just do your 90 minute class and have fun the rest of your day".

Hope to see you in class today!

Michael Harris, School Director

### Quote of the Month

**"Just do your 90 minute class and have fun the rest of your day".**

**Bikram Choudhury**

### Posture of the Month

**Ustrasana  
Camel**



**Camel Pose - this is the posture that the whole class is a warm up for. We have been moving our bodies in all sorts of ways just to prepare for Camel. This posture is the deepest backbend of the whole class.**

**During this posture the back of the spine is compressing and the front of the spine is opening. We are working the lower back - which is where we tend to hold fear. So don't be scared. The heart is opening even more - which is something that can be challenging for the best of us. In addition so much more is happening to give us maximum benefit. Just think of it - virtually everything in the front of the body is receiving an amazing stretch. From the toes through the thyroid and even the eyes.**

**Practicing this posture is relatively easy. Simply come to the top of the towel standing on the knees six inches apart. Put your hands on your hips, drop your head back then come down about halfway. From this point reach down for your heels and get a good grip. Then push your hips forward - make sure there is no weight on the hands - you are just holding the heels so you don't fly forward. When you come back up, just put one hand on your hips, then the other. Work your way up until you have a straight spine - then turn around quickly into savasana. You should feel a whole rush in your body as your blood and energy surges through.**

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

**Michael Harris, School Director**

**Student of the Month**

**June 2009  
Student of the Month**



## Hiram Peri

Hiram has now been practicing Bikram Yoga for over four years. He has averaged three or four classes since his first visit. This being Bend, Hiram is an outdoor junky. Everything from mountain biking to snowboarding. What keeps him together? Bikram Yoga of course. Lately Hiram has been using Bikram Yoga in rehabilitating a broken clavicle. Of course one of central Oregon's common injury. It has also helped him with moving through chronic pain, bad joints and incredibly tight hips.

As Hiram says, "Yoga is helping me stay young and energetic. It is because of Bikram Yoga that I can live this lifestyle".

Congratulations to Hiram on being Student of the Month and discovering the "fountain of youth".

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

Michael Harris, School Director

### Other News

#### *Buy Your Classes Online*

**Do you know that you can now buy your classes online? It's an easy and simple way to make sure your classes are always current. You can even look at your class visits and see how many times you have come. Just go to the [Schedule Page](#) of our website and set up your account today.**

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...