

Studio **HOT** News

SUMMER 2008, 4TH EDITION

Greetings From the Director



Greetings, Yogis!
We are thrilled to celebrate our five-year anniversary this month! It's hard to believe we have been sweating with you for the last five years in Rockville. It feels like it was just yesterday that we opened our studio and met you for the first time.

Looking back at the last five years, we asked some of our regular Bikram Yoga addicts to share with us why they keep coming back to the hot room day in and day out and year after year. We are so touched by the words you shared with us below—they remind us why we became teachers.

Please mark your calendar for our anniversary celebration weekend on Saturday 8/16 and Sunday 8/17. Share the love of yoga with someone special in your life who has not taken our classes and bring them as your guest. Please make sure they are well-hydrated and have all the necessary yoga gear.

We are very proud to welcome back Spencer Davis, who recently completed the Spring 2008 Teacher Training in Mexico and has joined our teaching staff. Please enjoy his bio and his article about his training experience in Mexico. We also would like to welcome Rana Karjawayally to our teaching staff—enjoy her bio, filled with lots of fun facts about her.

On behalf of all of our teachers and staff, we thank you for letting us be a part of your life and a part of our community in Rockville. We would not be here without your love and support. We look forward to sweating with you in the coming year.

Wishing you a happy and a healthy spine.

Namaste,

Five-Year Anniversary!



Help us celebrate our 5-year anniversary
Saturday 8/16 and **Sunday 8/17**
(9 am, 11 am, and 4 pm both days)

Bring your family and friends who are **new** to our yoga classes as your special guests!

Please arrive early! One guest per student, please.

Anniversary Specials



Back by popular demand! Give yourself and your family the gift of good health!

\$999 annual membership (reg. rate \$1250)
\$600 6-month membership (reg. rate \$650)
(cash or check only for special rates)

Specials end on **9/7/08**.

Labor Day Schedule



Friday 8/29/08 - 9:30 am, 12 pm and 4 pm
Saturday 8/30/08 - 9 am and 11 am only
Sunday 8/31/08 - 9 am and 11 am only
Monday 9/1/08 - 9 am and 11 am only
(special times)

(back to our normal schedule on Tuesday 9/2/08)

Have you noticed your towels and yoga clothes don't seem to be as fresh as they used to be? We now carry **NO SWEAT Activewear Detergent** which helps blast away odor and protect fabric. Please check it out at the Front Desk the next time you are at the Studio.

Ahimsa

By Kim Thompson

When the word Yoga is mentioned, most people in the West immediately think about physical postures. Would it surprise you to learn that this is only a small aspect of Yogic science? Yoga is a way to study our minds: how they work and how we can work with them. Physical Yoga was primarily designed to facilitate the understanding and complete mastery over the mind.

This larger Yoga is divided into eight limbs. Each limb is equal to the others and necessary. Each limb informs and supports the others. The first limb is the yamas, five constraints to behavior that are to be observed at all times and in all places. I find it fascinating and significant that the first item of the first limb of Yoga is ahimsa: non-violence. This is where we begin.

The Sanskrit word, himsa, means “to cause pain.” Ahimsa, then, means “not to cause pain.” Do not think thoughts, speak words or do actions that cause pain to yourself or to others. When you come to Yoga class, find a way to practice the postures without causing pain.

Far from the “no pain, no gain” philosophy, Yoga really requires “no pain” as the starting point. Frequently, when people work out in a gym setting, they are unaware of their bodies. They read a magazine or watch television while doing repetitive movements. They assume they should be in pain and they actually relate to their pain as their aliveness.

Yoga invites you into a new level of wellness. Your time in the Yoga room is a laboratory in which you can experi-

ment and explore new ways to challenge and use your physical body. It is an opportunity for you to cultivate the habit of not causing pain when you move and relate to your physical self. This includes your thoughts about your body and your physical abilities. Yoga is a science of the mind. If your mind wanders into a painful loop of judgment and critical evaluation, do you have enough control over your mind to choose to think something else?

Does this mean that you just take it easy and coast through class? No. At its root, violence means to “use force to impose one’s will.” Yoga class is time that you set aside to become more skillful. Rather than try to muscle and force yourself into odd shapes, you have an opportunity to become aware of and release the stuck places that form obstacles. Rather than simply ordering your body to comply, you might begin to listen and genuinely pay attention to your physical self. As your alignment and awareness improve, you develop a quality of ease in your poses. You experience Yoga class as work, but not struggle.

What would your Yoga practice be like for you if your highest priority was no pain, no force? What would the days of your life be like?



Yoga Etiquette

Even though each practice is individual, the studio is shared with others. We practice yoga etiquette to show our respect for ourselves, our neighbors, and our teachers.

- **NEW POLICY!** Please note that late arrivals to class will no longer be allowed. Arrive early to class, and please strive to be on your mat with everything you need at least five minutes before the teacher enters the room. After this point, it will not be possible to join the class.
- Come to class with a clean body and feet. Be free of perfume and cologne, as some students are highly sensitive or allergic to strong scents. If necessary, use the showers before class.

- No gum, food, or shoes in the yoga room. Turn cell phones and pagers off if you bring them into the room. (Vibrating phones and pagers can still be heard across the room)
- Classes are 90 minutes—stay in the room until the end of class. It is important for your health and the energy of the group. If you need to take a break, stand still, sit, or lay down in savasana.
- Respect the space of others. Keep your body, sweat, and belongings on or near your mat during class. When setting up your mat, be aware that you do not set up directly in front of someone else.

- Follow along with the teacher. Try your best in each posture in the Bikram series. Please reserve additional postures or postures from other disciplines until after final savasana.
- If you are sick, please take a few days off and we will see you again when you’ve mended.
- Leave no trace. Please deposit trash, recycling, mats, and towels in their proper place. Bring home all your belongings.
- Most importantly, honor yourself. You are the most important thing in the world. Enjoy yourself!

Thanks for your understanding and support! Please let us know you have any questions. To better serve you, please email your questions and feedback to info@bikramyogarockville.com

Student Success Stories



Three years ago I found food for my mind, body and soul like nothing I'd ever experienced before—Bikram Yoga Rockville. When friends and relatives ask me what's new in my life, I inevitably mention Bikram. I'm sure I get a goofy smile on my face as I try to explain the profound impact this yoga has had on my life.

My family and friends see it too. I look better but more importantly my whole life is better—I'm more joyful, more fearless in taking on the things I want to do in life, less stressed, and more gentle with people around me. A few

months ago, I had the wild idea that maybe all we needed in the world to make it a more peaceful place would be an opportunity for everyone to practice this yoga. I also have to say that while Bikram studios are all over, I think we're amazingly fortunate in Rockville to have our teachers and Wonjoo—I love how welcoming, warm and clean our studio is. Happy Birthday Bikram Yoga Rockville!

- AJ



On Sunday, I was on Seneca Highway driving to the yoga studio. A car from the opposite side lost control and ran toward me. As a force of habit, I hit the break as the other car still came toward me. My concentration came naturally, and I thought, "why do I wait for him to hit me?" I then hit the gas and drove out of his way. Of course he missed me. The whole incident happened in just 5 seconds at the most.

I noticed that I was very calm, no shaking and my heart beats normal.

Before yoga I always got nervous when something was flying straight at me. Not to mention something like a car.

I feel my concentration has improved since I started practicing Yoga 5 years ago.

- Keith



Bikram Yoga is my personal trainer and my therapist. I started doing Bikram Yoga for the physical benefits, but I have found the psychological benefits are even greater. Doing Bikram Yoga two or three times a week for the past five years has kept my mind and body balanced. I have more patience for the irritants in life, I am rarely depressed, and I don't hesitate to put on a bikini.

- Gayle



As an amateur violinist for over 40 years, it was a real blow when I discovered in 1999 that I could no longer play violin. I could no longer participate in the one activity that had been a major influence in my life. I went to or-

thopedic surgeons, physical therapists, and chiropractors. Their advice helped some but I was never really able to play much.

Just this past June, I decided I was going to start interviewing instrument dealers and see if I could sell my favorite instrument—an old violin made in Vienna in 1781. (Mozart was working in Vienna during that period.) The night before my first interview, I took the instrument out of its case, and tried to play. I never expected to be able to play more than two or three minutes. I played one piece of music for several minutes, then another and ended up playing for over an hour. This is something I haven't been able to do for almost 10 years.

The only difference between 1999 and 2008 is the fact that I have been coming to classes at Bikram Yoga Rockville two to four times a week for the past 6 months. I can't thank Diana and the teaching staff at the studio enough for their help and understanding as I have struggled with the poses and my own personal set of physical infirmities. I may not be much of a Yogi but I can play violin again, and that is what counts.

- Joel

Student Success Stories



I retired from the Montgomery County Police Department after 17.5 years of service. Numerous arrests and car crashes during that time left me with an injured lower back and left knee. Bikram Yoga made it possible for me to

have a challenging workout in spite of my injuries. I feel much better now both physically and mentally. I very much enjoy interacting with the staff and students and look forward to coming to class as often as possible.

- John



I have been at the Rockville studio since it opened 5 years ago, and I can honestly say that Bikram yoga has changed my life. First and foremost, it completely changed my body shape and tone. I am also much

stronger and have more energy and endurance when doing other physical activities. Practicing Bikram regularly has also made me a more even-tempered, patient and easy going person. Not only does the Bikram practice provide an intense workout, but I am engaging in a 90 minute meditation, where all my focus is on solely on myself.

- Helene



Bikram Yoga has shown me a path toward incrementally regaining strength, flexibility and peace of mind lost to an illness a

few years ago that I wondered if I'd ever regain. I feel like Bikram Yoga Rockville is not just a place to practice, but an actual community of like-minded individuals with whom I can enjoy practice and grow together.

- Carolan



Bikram Yoga focuses me on my mind and body connection, even when I am not aware of how unconnected I am ... the yoga helps me find my way back.

- Jill

Doing Bikram Yoga for the past 5 1/2 years has definitely changed me. I had an A-type personality and now it's a B+ (but I'd give it a B).

I have a MUCH more laid back attitude. I used to have to come to yoga for a "workout." Now, I'm glad to come and get something out of it other than a "workout." I try to have some sort of intention each class, either focusing on some aspect of relaxing ... whether it be my breathing, my body, or focusing my mind on just being present. The other change that I am also proud of is that I have always been 5 foot 2 3/4" tall and now I am unequivocally 5 foot 3 1/4" measured by my doctors!



- Gail



I started Bikram Yoga about 3 years ago and am hooked! I enjoy the flexibility and calmness it provides, whether it be to "kick-start" my day, or give me the calmness to end my day. I dance, play badminton and do aerobics and find that this type of yoga provide strength and energy to my activities. It's a grueling 90 minutes but I enjoy the cleansing feeling after class. The Rockville studio is very neat and clean, and the teachers are wonderful enthusiastic yogis who instruct from the heart.

- melinda

Student Success Stories



I have had some very difficult, unexpected things to deal with over the past year. My life today looks a LOT different than I expected and what it was a year ago. But the biggest unexpected happy addition—in fact a requirement now—is practicing Bikram Yoga at your studio.

For the past six months I have been trying to get to Bikram daily and most weeks have gotten to 5 or 6 classes ... I have even boldly gone to classes in other parts of the country when on business—but your studio is home to me.

I continue to work on many things that I have learned ... including taking care of myself as a priority, being kinder to myself when needed, trying not to force things or situations (or postures)—but to let them happen naturally and in their own time by being more mindful and aware, remembering to breathe—calmly!—and to be grateful for the things I have, including the opportunity to be healthy enough and to be able to figure out how to get to your studio and to the mat most days.

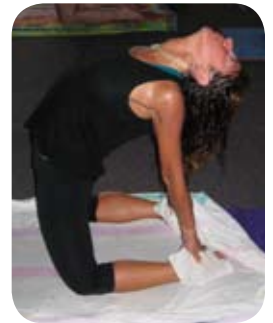
Many things have changed in my life over the past year—but overall I feel that I am better equipped, healthier mentally, physically, and emotionally, to handle whatever comes my way—because of practicing with you and your teachers and fellow students. It feels safe, it feels important, it makes me optimistic for tomorrow and for the future and that is a great gift. I plan and hope to practice for many years to come.

And I hope to be able to, one day, actually get my foot around my calf in that Eagle pose. It happened once, so I know over time it can happen again. :-)

Thank you for providing such a place and environment.

- Mary

After practicing Bikram for 5 years, I truly believe that it is the secret to a healthy life. It keeps me healthy both physically and mentally. It is the most important thing I do for myself.



- LISA



Great teachers ... cheerful, clean environment ... glad to be a member of the heat-lover family of Bikram Yoga Rockville.

- shn

Bikram Yoga has changed my life in so many ways. When I'm studying consistently, I find that it's my favorite form of exercise and release. My body craves the postures, the heat; and I look forward to coming and sweating away all the fat, the toxins and the stress out of my body. As a dancer, I have found that Bikram has helped with my dance technique, as well as helped me to focus better in my dance classes. As a singer, I have found that I can breathe deeper, sing more clearly and more powerfully, and use my knowledge of body alignment to prevent myself from getting tired vocally.



And I sleep like a baby.

- Don

Work Exchange Program

Bikram Yoga Rockville is offering free yoga classes in exchange for cleaning assistance at the studio. Please talk to Diana or email info@bikramyogarockville.com if you are interested!



There is nothing that I can not do. Believe it or not, my Bikram Yoga practice has given me the ability to say that. I began practicing Bikram Yoga 3.5 years ago. In college, I was a sprinter in college with tight calves, tight quadriceps and tight hamstrings. Coaches use to have the whole team on me about stretching properly. I use to always say "I don't have time to stretch; I have to focus on winning this race." I can not even imagine how many more races I would have won and how much better of an athlete I would have been if I had Bikram Yoga in my life then. Being a sprinter, anything over a 400m meant serious anxiety for me. However, after college I knew that I wanted to be able to keep up the sport of running. I am now comfortably able to run 3-4 miles a day and I attribute that to the stamina I have developed as a result of practicing hot yoga. Every time I get tired, I say to myself, you have stood in a heated room for 90 minutes twisting and stretching your body and heart—you can handle another minute or another mile.



I have always lived a healthy and active lifestyle. However, nothing has compared to the deeper mind-body connection that I have gained through practicing Bikram Yoga. I continue to be captivated by the challenge that Bikram offers me each and every time I step into the studio. No class is ever the same, and that is the beauty of the practice. I have met the most wonderful people through my practice and as a result truly look forward to 90 minutes of my day with positive energy and smiling faces.

Since I began my practice there has not been an individual that has crossed my path that I have not told of the amazing benefits both mentally, physically and emotionally that are obtained through dedicated practice. My personal health behaviors have done wonders for so many aspects of my life that I feel obliged to share those same wonders with others. In my life I have been fortunate enough to touch people's lives and encourage them to challenge their

Student Success Stories

minds physically and mentally. And I will continue to be a constant advocate and supporter of Bikram Yoga. Some of my greatest gifts in my life other than my five nieces and nephews, a brother and sister, and my wonderful parents are my friends, acquaintances and colleagues who have trusted me enough to try something new. They say I inspire them, but what they don't know is that they in turn inspire me to continue to deepen my practice and awareness of the positive benefits of healthy behaviors like Bikram Yoga.

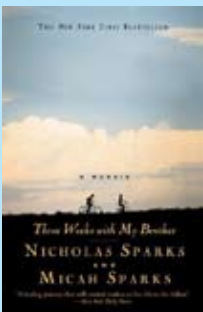
Namaste,

- Beverly

Reading Recommendation

Three Weeks with My Brother
by Nicholas Sparks

"A great story of life lessons, persevering through ups and downs, and never giving up on anything you face in life. It also reminds us how important



relationships are, whether they're with your family or friends. I picked up this book and could not put it down until the last page. For those you into auto-biography, you are in for a treat!"
- Diana



Bikram yoga has dramatically changed my life. I used to feel tired and stressed out all the time, now I have no stress, tons of energy, am always balanced, and sleep like a baby every night. I feel great every day. The life change has been amazing!

- Janae



Congratulations on your 5 year anniversary! You are all so wonderful and it is truly a slice of heaven to be able to come to class. I look forward to practicing at Bikram Yoga Rockville for many years to come—maybe I'll set a record one day for the oldest practicing Bikram yogi! Fortunately, I have a long way to go!

- Julie

Staff Spotlight



Rana

After graduating from American University, Rana entered the glamorous world of fashion as a buyer and fashion merchandiser for high-end Washington, D.C., retailers in European designer and haute couture departments. In addition to attending the haute

couture shows in Paris, Milan, and New York, she has traveled extensively throughout Europe and the Middle East.

In her spare time, Rana has put her artistic skills to use in volunteering. She was invited to design an advertising campaign for Children's Hospital. She also organized gallery events that paid tribute to Spanish artists, and which were attended by such distinguished guests as Queen Sophia of Spain and Queen Noor of Jordan.

After many successful years in the fashion world, Rana entered the field of performing arts. As a highly regarded Argentine tango dancer, she performed at the Lisner Auditorium for the opening ceremony of The Washington Film Festival, The Museum of Women in the Arts for a "Gala Tango Night", as well as the Argentine Embassy and Residence for official receptions. Her most demanding performances occurred at sea when she performed every evening on the Norwegian Sun while Hurricane Wilma rocked the ship.

A chance meeting in Paris with the Reston Bikram studio owner introduced Rana to Bikram Yoga. Upon her return to Washington, Rana took her first class at Reston, and stepped into the realm of Yoga. As a Bikram teacher, her goal is to help students challenge themselves and take them one step beyond the ordinary, because our potential is infinite.

Spencer

Born and raised in Silver Spring, MD, Spencer found yoga through his older brother and a friend who trains professionally. As an active person who is always looking for some kind of sport to play he found it increasingly hard to reach the forum while holding a full-time job. He finds many challenges as a human resource representative for a local construction company but exercise is not one of them. Bikram yoga provides the perfect solution. Challenging both strength and flexibility it has single-handedly restored muscle strength and range of motion that had disappeared over time. It took him only 2 years to realize he wanted to help others do the same. He has recently taken up hiking and indoor climbing as hobbies to go along with an interest in the local sports teams.

Teacher Training

By Spencer Davis

Finally back in Maryland. That's the feeling I had once my plane touched down at BWI. To be honest, all the good things that you pull from training do not become apparent until some time has passed. Even your personal practice suffers. But after a while the list of positives grows and the list of negatives fades away.

Various stomach ailments and issues of dehydration are inevitable, as the "yoga bus" does not leave anyone without at least some tire marks on them. Trainees found out after the first class that a 12 oz. bottle of water was just not going to cut it for a class with over 300 people. Two-liter coolers filled with water, Gatorade, Emergen-C, lime and ice or some combination thereof is a lesson quickly learned to maintain hydration levels.

As a member of the first trainee class in Acapulco I'd have to agree with returning teachers that our accommodations were second to none. Five swimming pools and brunch included for the first time. Just DON'T DRINK THE WATER! Hopefully we learned that lesson the hard way so many others won't have to. The weather was beautiful and rainy season started just as we were leaving.

Diversity is a word that jumps to mind when it comes to the instructors during training. From the United States to Australia to Europe to Bikram himself there is at least a handful of insight to be gained from each individual into what makes each class different.

The experience is definitely an eye-opening one for most. The 9 ½ week escape from day-to-day life, whether it be kids, pets, work, spouse, partner or whatever else will really bring out what you're all about. Like it or not.

Thanks so much for your warm wishes and thoughts sent my way during training. I really believe it helped me through somehow. If you have any questions about what else goes on or how to prepare for training, please ask me.



Become a Teacher

Interested in becoming a Bikram Yoga Teacher? Visit www.bikramacapulco.com, and call or email Diana at the studio.