

Studio **HOT** News

Summer 2007, 3rd Edition

Greetings From the Director



Diana

Time flies by so fast when you are having fun or sweating like a pig! I can not believe that we are celebrating our 4-year anniversary this month. It's been a wild ride these past four years, meeting so many good students in our community and seeing our students improve and grow every day. I am so proud

to share with you our 3rd edition of the newsletter, filled with much love and good information for your mind and body.

I want to welcome back our newest teacher, Katie, who successfully completed the spring 2007 teacher training in Hawaii. You will read more about her in this newsletter, along with our Fabulous Tyrone, Awesome Alex, and Lovely Marsha who have joined our staff last year.

Please mark your calendar for our anniversary celebration weekend on 8/18 (Sat) and 8/19 (Sun). Please share your love of yoga with someone special in your life who has not taken our classes, and bring them as your guest during that weekend. PLEASE ARRIVE EARLY!!

As we are in the midst of an August heat wave, please hydrate your body regularly throughout the day with good fluids filled with lots of electrolytes. Amazingly, when the temperature outside is similar to the classroom, it is easier to practice and the more you sweat, the cooler you will feel after the practice.

On behalf of all of our Rockville teachers & staff, we thank you for all your support and love throughout the years and we look forward to sweating with you more in the upcoming year. We welcome your feedback and any questions. Please email us at info@bikramyogarockville.com or call us at 301-762-9642.

Wishing you much happiness and a healthy spine. Namaste,

 Diana

P.S. the photo was taken during my honeymoon in St. John overlooking the scary cliff.



Katie and Bikram
at teacher training

We Are Four!

Help us celebrate our 4-year anniversary
Saturday 8/18 and **Sunday 8/19**
(9 am, 11 am, and 4 pm both days)

Please arrive early!

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

One guest per student, please.

Name Our T-Shirt Contest!

Can you come up with a catchy slogan for the next Bikram Yoga Rockville t-shirt? Examples include:

"Feel Great Naked"
"It's not hot, you're hot!"
"Know Sweat"



Submit all entries to the front desk—make sure to include your name!

The author of the winning entry will receive a free t-shirt and a free month-long unlimited membership to use or give as a gift for someone special in your life.

Contest ends on **8/29/07**.

4-Year Anniversary Specials

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

\$999 annual membership (reg. rate \$1250)
\$599 6-month membership (reg. rate \$650)

(cash or check only for special rates)

Specials end on **8/31/07**.

Why You Should Not Hate Camel Pose

By Debby Nachmann

My mother always told me not to hate. However, if this is not enough of a reason for you to stop hating camel pose, then consider this: if you approach camel posture with fear and trepidation each time you do it, you will never improve. Not only will you not improve, but your posture might even regress. When you allow a state of anxiety to build, your nervous system will retain those memories, causing your muscles to tense up as a defense mechanism, therefore hindering any progress in the pose. (This same effect will happen with any postures in which you feel pain or fear.)

The dizzy feeling that sometimes results from this pose is what people tend to fear and avoid the most. If this feeling is what makes you dislike the pose, then try to approach the posture in a new way. Try to slow down the posture. Next time you are in class, do not bring your hands to your heels in the first set. Use the first set as a warm up, and work on relaxing in the pose instead of pushing it until you are dizzy.

Keep your hands on your lower back for support and slowly drop your head back. Make sure you keep your eyes open in order to keep your mind focused in the room, allowing you to maintain your bearings, because after all, you are literally turning your world upside down both physically and emotionally in this posture. Once you drop your head back, just breathe and evaluate how you feel at this point. Try to feel stable by feeling your shins and the tops of your feet ground you into the floor. Once you realize you are stable and in a safe place, you will be a step closer to moving forward through the pose. Take a deep inhale and feel your chest fill and lift to the ceiling. As you exhale try to drop your head back further and push your hips forward.

Keep your hands on your hips and try to focus on your breath, keeping your mind calm. Instead of listening to your mind telling you to escape the pose, try to listen to the sound of your breath. Make sure that you are always breathing throughout the posture. You must let go of any tension if the posture is going to progress. Try to think about relaxing your muscles and opening up through the abdomen and chest to take your pose a little deeper.

When it is time to come out of the pose, do so slowly. The slower you release from the pose, the more control you will have and the less dizzy you will become. Once you are out of the pose and your head is no longer dropped behind you, pause for a second, find your reflection in the mirror, regain your bearings, remind yourself that everything is OK, and then turn and lie down in savasana. While you are in savasana, let your breath help you relax into the floor.

Approaching the second set with an open mind will enable you to open your body. If you feel more comfortable, try to bring your hands to your heels. Do not rush or force the pose; remember, that will tense the muscles and hinder progress. Be patient and keep your hands on your lower spine as long as you need to feel supported.

Once you feel more comfortable and open, your body and mind will accept the pose and the dizzy feeling will give way to a new sense of release and liberation. There will

still be days down the road when you might feel dizzy, but those will be few and far between. So the next time you do camel posture, instead of turning to the person next to you and telling them how much you hate this posture (and yes, your teachers do see you bad-mouthing the postures to your neighbors), be positive and tell yourself that you are calm, safe, relaxed, excited, and are looking forward to the day that you feel elated coming out of the pose. You never know—that day might be today.



Work Exchange Program

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

Student Success Stories

Dilrukshi



Bikram Yoga helped change my life dramatically. I learned how to relieve my stress in a healthy way that not only benefits my mind and body but helps me find a peace within myself that I always carry with me. I have noticed my confidence has grown drastically; my body has gotten much tighter and my mind is much more relaxed now. I make it a point to come to yoga every day. There are many things I can live without, including boyfriends, but Bikram yoga is not one of them!

Nadia

My new luxury is yoga, since it's all about me. Not only has it helped me physically, but mentally I feel like a new person. I feel so healthy and in-touch with my body. I find that junk food and over-eating are no longer appealing. The focus on my breath and holding challenging postures is powerful, invigorating, and relaxing. I don't feel my age when I'm doing yoga. All of the instructors are very informative, motivational, and soothing with their voices.

Gian



As part of the weight loss program I'm on, I have my cholesterol monitored every 2 weeks. On March 13, my LDL was 114 and total cholesterol 176. Not bad or over the 200 mark yet, but I'm only 32, and I know I had to make my health my priority. I am also sick and tired of feeling like my weight is keeping me a prisoner from healthy relationships and dating.

My latest test taken on 3/31 (after about 2 weeks of eating healthy and yoga) has my LDL (bad cholesterol) at 61 and total cholesterol at 99!

There is a history of heart disease in my family so this kind of drop is big. All I've done is started doing yoga 5-6 times a week and changed my diet to become healthy. I've also reached my first step goal: 275 lbs (down 26 since the start when I was 301 lbs). My next step goal is 250. My overall goal is to reach the weight I was in college (between 180 and 190).

I'm just really amazed what changing diet and Bikram Yoga did to my LDLs. I never thought the drop would be this fast. Its amazing; my doctor

was in awe as well. The human body is an amazing machine that needs to be maintained. That is what I am learning now each and every day.

Mal



Bikram Yoga saved my life! I don't mean that figuratively, but literally. At 25, I was suffering a series of symptoms that were very unusual to me. I was a very active person, and for me not to be able to tie my shoes or turn a doorknob was very unusual. I was beginning to have random joint pains, mainly in my fingers, wrist, and knees. I started taking off a few days a week from work, then a few weeks a month. I wasn't able to move my arms, I couldn't walk, everything just hurt so bad. The doctors did test after test, month after month, but couldn't figure out exactly what was wrong. I was miserable.

After the joint pains came the severe headaches that landed me in the ER. Once again, the symptom was treated with no diagnosis. I was so angry that no one could tell me what was wrong. Finally, after 3 months of bed rest, the telltale sign of Lupus appeared. I had what was called a butterfly rash across my nose and cheeks. After 6 months, I finally had a diagnosis. I was relieved but at the same time scared to death knowing this was just the beginning of my battle with the "wolf." Lupus is an autoimmune disorder that affects different people differently. A kidney biopsy determined that I had Lupus Nephritis (Lupus with kidney involvement). They were able to save half my kidney with heavy steroids. I was at the prime of my life battling a disease that was not curable, just manageable. I was in so much pain every day, taking up to 30 pills a day. I was in so much pain I didn't know if I could handle it any more. I just wasn't me any more. I almost hit rock bottom until the one day that saved my life.

I read about Bikram Yoga and all the benefits. At this point, I didn't really have any other options, so I entered the Bikram Yoga studio in Rockville. I was a little scared, a little intimidated, and wasn't sure if I could keep up, but Diana was great. She made me feel at ease—I was comfortable. She was very understanding of my condition.

I've been doing Bikram Yoga for three years now and it has completely changed my life. My perspective on life has changed, I am a much better person now than I ever was. I'm more at peace with myself, more relaxed. I am able to take adversities as they come. It's almost strange to say that I am glad I have Lupus--I would never have discovered

Bikram Yoga, and I would never have met some of the great people I have met.

I am now in remission from any active Lupus activities. I still have good days and bad days, but all my days are great after a Bikram class. I wouldn't give this up for the world!

Do you have a testimonial you'd like to share? Everyone has a different experience, and we'd love to hear about yours! Please submit your story to info@bikramyogarockville.com or to the front desk. Thank you!

Labor Day Holiday Schedule

Friday 8/31/07 - 9:30 am, 12 pm and 4 pm
Saturday 9/1/07 - 9 am and 11 am only
Sunday 9/2/07 - 9 am and 11 am only
Monday 9/3/07 - 9 am and 11 am only

(back to a normal schedule on Tuesday 9/4)



Keith Nong in Santa Maria, Portugal

Do you have yoga-on-vacation photos you'd like to share? Submit them to the front desk!

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.

Staff Spotlight

Alex Gombert

Born and raised in Rome, Italy, Alex grew up traveling around the world and the United States with her family until her college years, when she moved to California permanently to pursue her undergraduate and graduate studies in international policy studies, political science, and Italian at the University of California, Davis and the Monterey Institute of International Studies. In graduate school, Alex married her husband, a Navy officer, and once again began traveling around the globe.

Alex discovered Bikram Yoga in 2000 when she was looking for some form of exercise that she wouldn't bore of after a couple of weeks. Bikram Yoga was it! A natural athlete throughout her high school and college years, Bikram Yoga was a mental and physical challenge and journey she never expected. Yoga became a way to care for her body from the inside out, physically, emotionally, and spiritually.

Wanting to improve her own practice and help others heal their own bodies through yoga, Alex went to Los Angeles to complete the teacher training in Fall 2003 and has been teaching Bikram



Alex



Tyrone

Yoga since, wherever the Navy takes her and her family.

Tyrone Russell

Tyrone started his Bikram practice in Atlanta in 2004. He is a certified neuromuscular therapist, and has dabbled toward a degree in exercise science and even chiropractic. Nothing has inspired him like Bikram Yoga. After his first class, he practically packed his bags and

set off to Beverly Hills, California for teacher training. Tyrone believes in taking a lighthearted approach to teaching as a way of inspiring students to work to their edge and realize their own potential.

Katie Tulloss

Katie found Bikram Yoga in the Summer of 2006, and after signing up for the intro week, was drawn to practice regularly. Over time, the subtle improvements she saw in herself and her practice and the changes she saw in others inspired her to sign up for teacher training less than a year after her first class.



Katie



Marsha

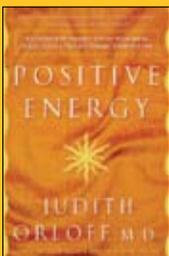
Lucky enough to be part of the first group to undertake teacher training in Honolulu, Hawaii, Katie graduated in July of 2007 and is currently enjoying the process of discovery involved in teaching.

Marsha White

Marsha took her first yoga class at the age of 14 in her home town of Detroit, Michigan. Since then, she has been an aerobics instructor, personal trainer, shiatsu-anma massage therapist, natural food advisor, yoga instructor, as well as a mother and (most recently) a grandmother.

In 1995, she joined Bikram Yoga in South Florida, and soon her enthusiasm for the practice led her to move to Los Angeles, where she spent the next four years studying and training under Bikram and his wife Rajashree. Marsha received her certification as a Bikram Yoga instructor in 2000 and has traveled within the U.S. and Israel to teach at studios worldwide. She was the first certified Bikram Yoga instructor to teach in Israel. Marsha uses the spiritual peace and internal insight she has gained through her personal pursuit of yoga to guide her instruction.

Recommended Reading



(From Publishers Weekly) Orloff, a psychiatrist who has appeared frequently on television and written an eponymous *Guide to Intuitive Healing*, here provides 10 detailed prescriptions for harnessing one's positive energy to replace fatigue with physical and emotional vigor. Her common-sense program includes pursuing an individual spiritual path, designing an energy-building diet and exercise plan, learning to celebrate laughter and protecting oneself from "energy vampires."

Recommended by Mal Stantripop