



Spring Greetings!



Dear Diana,

Spring is nature's way of saying, "let's party!" So, come enjoy your party time every day with us this season at Bikram Yoga Rockville! Renew your commitment to yourself and your health - you deserve it! Read on for specials, inspiring stories, and posture tips to help you out. We look forward to sharing a season of renewal, rejuvenation, and, of course, lots of sweating with you!

Namaste,
Bikram Yoga Rockville Staff

Spring Special: First Month FREE!

Got a case of spring fever? Put that energy to good use and come do more yoga! Sign up for our monthly unlimited Auto-debit (ACH) during the months of April and May, and your first month is FREE! After that, you can practice as much as you like for only \$125 per month. Please note the Auto-debit is a 6 month commitment, and if you cancel before 6 months, there is a \$75 early termination fee.

Get a
month of
FREE
yoga!

Click [here](#) to sign up online.
From the MindBody website,
-Click on the "Online Store" tab
-Click on "Contracts"
-Select "Special Auto-debit"
-Come do lots of yoga!

Congratulations Challengers!

26 incredible and inspiring yogis and yoginis completed our 30 Day Challenge. A big congratulations to:

Robin Evans	Sylvia England	Jeff Morgan
Sizhnor Rhena	Ryann Stefanou	Tracie Stevens
Melissa Zetts	Cleo Kung	Angela Liu
Saiha Argubie	Paula Carrasquillo	Jessica Lake
Tina Liu	Sintha Huff	Kevin Mattison
Brenda Wilks	Al Blount	Shihoko Goto
Melanie Heckhaus	Susan Field	Nuria Martinez
Gail Boimov	Olga Hernandez	Shari Friedman
Bob Herbst	Magaly Suarez	

30 classes in 30 days - WOW!! Thank you for your dedication and hard work; you guys inspire us! Here's what a few of the challengers had to say about their experience:

Most of all, February left me a little happier & less shy. There's nothing like sweating it out day after day to break the ice and bring people together! - Cleo Kung

What a gift it was to see that my experience in the hot studio translated to my life outside my Bikram sanctuary. Through my 30 Day Challenge, I believe that this same sense of peace, calm and acceptance made me - even if just slightly - a better woman, mother and wife.
- Shari Friedman

My body feels so much better now. Many of the postures became easier and less challenging. I feel so much better and confident with my body. PLUS I LOST SOME WEIGHT!!! - Olga Hernandez

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Quick Links

Visit our [website](#)
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We Want to Hear From You!

We would love your feedback about your experience at Bikram Rockville! [Email us](#) to let us know what you like at the studio and what you would like to see improved.

Yoga on a Budget?

Work exchange opportunities are currently available. If you are interested in cleaning at the studio in exchange for yoga, please contact [Spencer](#), or call the studio for more information.



The 30 day challenge has enhanced my inner being tremendously. Not only did it change the configuration of my body, it increased my energy level and enhanced my ability to deal with stress on a daily basis. - Jeff Morgan

Despite not seeing the amazing physical results that I had hoped for a month ago, I'm proud to say my mind is more focused and driven than it had been at the beginning of the year.
- Shihoko Goto

There was something about the sense of comradery, the unity there in that hot room that was apparent every time the teacher asked who was participating in the 30 Day Challenge. When we raised our hands, there was an unspoken agreement: We will finish this. - Melissa Zetts

As a beginner, I was a little afraid, but now I am happy! In those 30 Days I learned a lot and my body adjusted very well. - Magaly Suarez

I feel a great sense of accomplishment completing the challenge! I even lost around 10 pounds!! - Sylvia England

Thinking about challenging yourself for your own 30 Days? Read challenge finisher Paula Carasquillo's **tips** on how to stay motivated!

Coming soon to our **website** -- complete testimonials and other success stories! Please check it frequently for extra inspiration!

Renew Your Spine with Better Backbends

Backbends, when done properly, are so healing and rejuvenating to the spine. Here are 5 tips to help you get the most out of the first backbend of class.

1. **Breathe.** It is scary and unfamiliar to bend backwards, and fear causes us to tense up and hold our breath. Work to let go of fear by breathing deeply. Before you even drop your head back, take a deep, calming breath.
2. **Push** your stomach, legs, and hips as far forward as you can while keeping your body weight on your heels. You won't fall over - pushing your hips forward actually serves the counterbalance to reaching backwards.
3. Lift your chest and sternum up to the ceiling to prevent yourself from collapsing into your lower back. It is more challenging to move the backbend into your middle back, but this lift will help you to arch your entire spine.
4. **Lock** your knees and your elbows. Your limbs will help you to extend and bend your spine, but they have to be locked for this happen. Contract your quads tightly to keep the knees locked - if they bend, you just went a little too far for today. Lock your elbows, and even squeeze the palms together. This will help you stretch the arms back further and get more extension into your backbend.
5. **Relax.** Believe it or not, it is possible to be comfortable in an uncomfortable position! Make sure your face is relaxed throughout the posture and that you are not clenching your jaw. When you have bent back deeply, relax your abdominal muscles for a little extra depth and release in your lower back. Enjoy how invigorated you feel!



Good Karma: Paul Carr

What an amazing community of yogis and yoginis we have here at Bikram Rockville. Congrats to our very own Paul Carr for being named a Harris' Hero!

Paul is a nationally acclaimed jazz musician whose love of music led him to found **The Jazz Academy of Music**, a non-profit music school in Silver Spring. Paul's goals include helping students broaden their musical horizons, helping students develop creatively, and redirecting the attention of at-risk youth toward productive things. Way to go, Paul! Thanks for inspiring us on and off the mat!



Mark Your Calendars: Memorial Day Schedule Changes

We made a few changes to the schedule for Memorial Day. Get your yoga in early, and then go enjoy a barbecue and time with friends and family!

FRI 5/25 - 9:30am, 12pm, 4pm (**no 6pm**)
SAT 5/26 - 8am, 10am, and 12pm **only**
SUN 5/27 - 8am, 10am, and 12pm **only**
MON 5/28 - 8am, 10am, and 12pm **only**

***Have a safe Memorial Weekend!**

We will be back to our normal schedule on Tuesday, 5/29.



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Save 20%

We know you love Bikram Rockville, now show the love! Become a fan on facebook, and get 20% off any one retail item until the end of May. Limit one per customer.

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Offer Expires: May 31, 2012

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