

# BIKRAM YOGA METROTOWN

SUMMER 2009



Todd Joseph Raymond Brad (5th Year Potluck)



Joseph, Loretta, Alison, Marcus (5th Year Potluck)

## WHY IT'S IMPORTANT TO DO HOT YOGA THIS SUMMER!

Most people have the perception that in the summertime it's too hot to do hot yoga. But before making up your mind, you should know the facts. When it's hot outside your body is already warmed up which makes you more prepared to exercise.

It's common knowledge that when the weather's nice people become more active and activities such as hiking the grind or chief are popular. However, these activities, and most others, put stress on the body and therefore stretching becomes even more important. Stretching relieves the body from stressful activities and allows us to continue doing the activities we love to do in the summertime.

Also, the warm weather helps relax the skin which creates more of a detoxification benefit in class. When the body is warmer, the skins warmer, and the pores are more open which allows the body to detoxify at a higher level.

## NEW TEACHERS



You've probably noticed two new faces standing at the front of your class. That's because we have two new teachers fresh from teacher training in Palm Springs, California. Make sure to come to their class as these girls are full of energy and enthusiasm to teach the yoga straight from the source aka Bikram.

Our first new teacher is **Kessa Schroeder** (top left) who began practicing Bikram Yoga in 2006. "Right away, I knew this was going to be a permanent change in my life and within two weeks of practicing daily all of my back pain was gone and my body felt



great.” Kessa recalls. Kessa went to teacher training because she wanted to share this gift with others and she is looking forward to sharing what she’s learned.

Our second new teacher is **Lea Vanin** (bottom left) who has a background of dancing. She began dancing at the age of four in Paris, France and then she moved to Las Vegas where she danced with the MGM hotel. In April 2008 Lea began practicing Bikram Yoga and after her first class she knew she found her calling. “I want to share my love, passion, and energy for the yoga with everybody.” Lea exclaims!

## Student of the Month

**Tatyana Kiseleva** heard about Bikram Yoga through a friend and decided to give it a try. She did her first class on April 14 2008 and in just over a year she’s done 245 classes.

Since I started practicing *“I don’t get back pain anymore. My spine has gotten much stronger and more flexible. And I feel much happier and healthier overall. Even more importantly, I got rid of a problem that every girl would love to get rid of – PMS. Gone. I don’t know what it is anymore. Even though she’s seen numerous benefits in such a short time, she realizes Bikram Yoga is a life long process and she is learning to be more patient and calm under stressful situations.*

Since practicing, she’s noticed her favourite posture is rabbit pose. *“I love this posture because I can feel how each one of vertebrae is opening up. Also, because we do this posture towards the end of class when we are tired it rushes blood to my brain and after I feel really reenergised.”* Her most challenging posture is awkward pose. *“When we are sitting on the tippy toes, my legs are shaking and I am about to fall so it takes a lot of concentration and strength for me.*



## Employee of the Month



**Raymond Shang** (left) began practicing Bikram Yoga in the fall of 2005 and after his first class he knew he found his passion. He continued a consistent practice and he began to see tremendous benefits both internally and externally. It wasn't long before Raymond began working at the studio. His strong work ethics and love for Bikram Yoga were the perfect combination. Raymond lent a hand in every aspect of the studio and it wasn't long before he was running the place. Nothing in the studio gets done without Raymond's help whether it's sales, marketing, scheduling, cleaning etc. If you're looking for Raymond, don't be surprised to see him in the classroom, in June he completed a personal challenge of 30 Bikram Yoga classes in 15 days. Yes, you read that right! He would do the 930am and 1215pm class then he would work an 8 hour, sometimes 10 hour, shift. Raymond is proof that as long

as you are committed then there is always time to do yoga. He's become an inspiration for new and current students. Raymond wants to become a Bikram Yoga teacher and plans to attend the teacher training sometime in the near future although the studio will probably have to close down in his absence. Be sure to tell Raymond why you think he'll be a great teacher!

## Posture of the Month

**BACKBENDING POSTURE.** All our lives, for one reason or another, we are always bending forward for something (think how much time we spend sitting in the car or in front of the computer). On a consistent basis our chest is forward into our abdomen putting pressure on the vital parts of our body (heart, lungs, pancreas, liver etc) creating less space for circulation to flow through. Naturally, the weight from our chest and abdomen puts incredible amounts of strain on the spine pulling it forward and causing consistent compression on the front side of the vertebrae and discs. This causes the nerves which emanate from the spine outward to be compressed while the back muscles have to work hard to keep your body as upright as possible,

Over time as we go through life and our daily routine the combination of a collapsed chest and compressed spine means the organs and glands eventually will not be able to continue functioning and the rise of chronic conditions will start to set in.

To practise bending the spine in a backward direction relieves the pressure on these very important parts to the body allowing our blood flow, circulation, to flush out and release toxins while at the same time relieving stress on the back muscles.

Listen very carefully to the instruction and try the right way. When starting the arms are over the head and elbows locked. Keep your arms stretching up to the ceiling and relax

your head back. As soon as the head goes back we are reversing and opening the chest and throat creating that space to stretch and extend. Don't be scared. Think very deeply about relaxing the muscles of the back and let yourself go back. Bring your arms back with the ears and keep your legs together pushing your stomach, hips and thighs forward. With the arms stretching backward the hips going forward the separation and extension of the abdomen and chest occurs allowing blood to saturate the front side of the body. Hold still at your maximum to create the benefit and effect. Don't let the arms bend, keep stretching. The lower back and shoulders will hurt. This is normal. Remember the breakthrough comes when we learn to relax and not tighten up. Relaxation is the 'open sesame' to performing and improving your posture and is also the way to be sure not to hurt yourself.