



BIKRAMyoga

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

December 2009

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Merry Christmas and Happy Holidays!



You are invited to come join us for our celebration of Christmas and the Holidays. Bring your family, your friends and your favorite dish. The party is suitable for everyone and is a non-alcoholic event. *Be sure to bring your most outrageous socks*

for the Bend Twister Championships.

There will be prizes for the winners and the best socks!!!

We will also be awarding prizes to all the students who recently completed their 30 or 60 day challenge.

**The Party is Saturday, December 5th, 5 to 9pm
Be sure to come early with a potluck dish
and wearing your wild socks!!**



Hope to see you at the party!!

Michael Harris, Director

Quote of the Month

**Blessed are the flexible,
for they shall not be bent out of shape.**

Anonymous

Posture of the Month

**Blowing in Firm Pose
Kapalbhati in Vajrasana**



Ah, final breathing. This is the last thing you do just prior to savasna. Kapalbhathi breathing can also be called "shining skull" - this is because you are increasing the oxygen in your system - which makes you shine even more.

This breathing exercise is relatively simple - once you have the technique. As you sit in firm pose put your hands on your knees. Just concentrate on the exhale - the inhale will happen automatically. Now - use the strength of your abdominal muscles like bellows - contracting very strong to force the air out of your lungs through your lips. Then think that you are going to blow out a candle. Nothing is moving except for your stomach muscles. Do two sets of 60 breathes. The second set is faster than the first.

Be sure to read Bikram's Beginning Yoga Class for more info on the postures and the breathing exercises. Page 194 has a picture of Tommy Smothers demonstrating Blowing in Firm Pose.

Hope to see you in class today!

Michael Harris, School Director

Student of the Month

December 2009 Student of the Month



Spencer Larson

Just a year a half ago, when Spencer first started Bikram Yoga, he couldn't even touch his toes. Now he says that Standing Head to Knee pose is his favorite posture. Spencer has worked for every bit of his practice. He has done two challenges - a 30 day challenge and a 50 day challenge. He then attended the Bikram Advanced Seminar this past year and began learning the advanced series. Spencer now says he is ready to

compete in the Oregon Hatha Yoga Championships in January.

Spencer started his Bikram Yoga practice bringing with him past injuries. About 10 years ago he broke his left femur - which also messed up his hip. Spencer says that the opening of his hip socket is what has changed the most for him. He also says that learning to breathe normally was the most memorable experience in class. Spencer has truly gone through the fight or flight barrier and is constantly taking his Bikram Yoga practice to the next level.

Congratulations Spencer on being December 2009 Student of the Month.

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

Michael Harris, School Director

Other News

SPECIAL INTRODUCTORY PACKAGE

Haven't been to the studio for a while? Ready to come back?
If you have not been here since April 1st of this year, come back today.
You can start from the beginning again with the \$15 Intro Special. Then
talk to us about starting a new package or re-activating your old
package.

Oregon Hatha Yoga Championships Saturday January 9th Aladdin Theatre, Portland

Be sure to put this on your calendar and come see an amazing
demonstration of yoga. Better yet - Why don't you participate too. Ask
us how at any Oregon Bikram Yoga studio.

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

Events

Check out our [Website](#) for the latest info on our events.

Be sure to check our [Gallery Page](#) on the website. We will continue to
add new photos.

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.

To view schedule updates go to the [Schedule](#) on our website.

We hope to see you in class today!!

**Michael Harris, School Director
Bikram Yoga - Bend, Oregon**

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