



BIKRAMyoga

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

February 2009

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International Yoga Asana Championships

LIVE WEBCAST
THIS WEEKEND



February 2008 International Champions

This weekend February 6th - 8th the International Yoga Asana Championships will be held in Los Angeles. It is one of the most amazing demonstration of the power, strength and grace of yoga. The U.S. Qualifying Final will be held Saturday, Feb. 6th. The regional Champions from across the country will be competing for the final four spots, 2 men, and 2 women. More then 50 finalists from over 25 countries will be competing for the Bishnu Charan Ghosh Cup on Sunday. Kathy Durham, one of the instructors here at the Bend studio will represent Oregon. Kathy came in first place in the Oregon Regionals to advance to the US Finals.

This year for the first time ever there will be a live webcast of the whole championship weekend. If you go to [Yoga Cup International](#) you can watch Kathy and the rest of the competitors demonstrating hatha yoga postures.

Hope to see you in class today!

Michael Harris, School Director

Quote of the Month

"Having something, doesn't mean anything if you don't know how to use it."

Bikram Choudhury

Posture of the Month

Poorna Salabhasana Full Locust



The 18th posture in Bikram Yoga is Full Locust. This posture seems so simple. It's just 10 seconds. But some people would rather run a marathon than do this posture. This posture has a particular focus on strengthening the muscles in the middle spine. In addition it also helps all the spine muscles, firms abdominal muscles, works the arms, hips and thighs. There is also stretching of the lungs, heart and other internal organs. So much benefit for such a simple posture.

Hope to see you in class today!

Michael Harris, School Director

Student of the Month

February 2009
Student of the Month



Rich Ekman

Rich has been practicing Bikram Yoga in Bend since January of 2004. That's over five years now. Over that time Rich has developed a regular and consistent practice. But like many first time students he thought the room was ridiculously hot and the postures very challenging. He wasn't going to come back. Yet his friend was persistent on getting him to try again. Finally he did and now he can't imagine not having Bikram Yoga as part of his life.

Rich states about Bikram Yoga, "For one, I have found it easier to get out of bed in the morning even though I am approaching 40. I love living in Central Oregon and take advantage of all the recreational opportunities this area offers 12 months of the year, ie: Nordic and alpine skiing, hiking, mountain biking, playing in rivers and lakes, etc. I also played team sports my entire childhood and still love to play basketball, softball, tennis, golf, jog, lift weights, etc. I have found that Bikram Yoga is the perfect compliment to all those activities. I feel that Bikram Yoga improves my strength, balance, flexibility, endurance, determination and focus. I have found that Bikram Yoga helps repair my body after a strenuous workout. When my body is very sore after a long killer day up on the mountain, a strenuous bike trip or a physical basketball game, I have found that Bikram Yoga has helped me bounce back from the soreness that I may feel and prepares me for another day".

Rich was also a baseball pitcher from the age of 10 to 22 years old. He did a lot of damage to his shoulder and elbow. Rich now finds that after practicing Bikram Yoga that he has developed a lot more movement and a lot less pain in those areas.

So if you are feeling the pain from playing in Central Oregon, make sure you come in and do your practice like Rich. You just might find yourself with a smiling happy face...!!

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

Michael Harris, School Director

Other News

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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