



BIKRAM *yoga*

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

March 2009

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Bring a Friend to Bikram Yoga



What better way is there to celebrate friends and family than to bring them to Bikram Yoga? On Sunday March 15th at 11am we are having a Special Bring a Friend Day Community Yoga Class.

At this special class time, current students are encouraged to bring a friend or family member, who has never done Bikram Yoga. For coming they will Receive a Free Bikram Yoga Class - and You will receive a week of Unlimited Bikram Yoga. You can keep your week or give it to anyone you want. This class will be a class just focused on the beginner. There will be plenty of extra instruction. On this day, your friend can purchase a very Special Intro Package - One Month of Unlimited Yoga for just \$29. So everyone benefits! Bring as many friends and family members that you like. You receive a free week of Unlimited Yoga for everyone you bring.

After the class we will have some extra munchies and goodies for everyone. There will also be several teachers here that can answer any questions that might arise. Although pre-registration is not necessary, if you know you are coming, please let us know.

Hope to see you in class today!

Michael Harris, School Director

Quote of the Month

"You can't cross the ocean with your feet in two boats".

Bikram Choudhury

Posture of the Month

**Dhanurasana
Bow**



Bow pose is the last of what is known as the spine strengthening series - cobra, locust, full locust and bow pose. Each one of these postures focuses on a particular part of the spine. Cobra - lower spine, locust - upper spine, full locust - middle spine and bow the whole spine. As well as each posture working a portion of the spine there is also amazing benefits to the front of the body and the internal organs.

When performing the Bow Pose, there are a couple of things to remember. First make sure that you are holding the foot just below the toes - about the middle of the foot - but not the ankle. Then you want to work on keeping your wrists straight. Knees and feet no more than six inches apart. When you kick up double check that your knees have not opened too much. From the side the toes are over the lower back. Make sure that you keep looking up to the ceiling. By doing this posture correctly you are bringing together all that you have done in the spine strengthening series - thus receiving the maximum benefit.

Hope to see you in class today!

Michael Harris, School Director

Student of the Month

**March 2009
Student of the Month**



Rachel Azevedo

When Rachel came to her first class she was in the back corner of the room. She didn't know what to expect. But she said that she had to come back because everyone was so kind.

Rachel has always been athletic. That interest is one of the reasons that she is a Sports Reporter for KOHD TV. As such she is constantly surrounded by very active people. And when she jogs - the yoga ends up helping her sore knees.

Rachel says as she sits in front of the computer she is holding her posture much better. And she says "in a strange way I am receiving benefits socially. I'm proud to be a yogi and share yoga with others. People seem to be interested in talking about it".

Rachel says, "I'm inspired by others in class every day. I love hearing peoples age and being shocked. The first time that happened was when Molly told me she was over 30. I thought she was in her early 20's. I just hope that as I continue practicing Bikram Yoga I'll look as young as my body will feel. I beleive that yoga has the ability to keep me feeling healthy and strong forever".

Congratulations Rachel on being March 2009 Student of the Month!

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**

The Unlimited Yoga Club

**Just \$99 a Month for as much yoga
as you can do!**

Plus as a member of The Unlimited Yoga Club,
you will always receive a

10% discount on all merchandise.
(except water products)

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