



BIKRAMyoga

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

May 2009

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**Bikram Choudhury
Live!
Portland, Oregon
Saturday, May 9th**



By now almost everyone knows that Bikram Choudhury is scheduled to speak in Portland, Oregon on May 9th. Bikram will discuss what hatha yoga is and how to apply it in your life. How the benefits of Bikram Yoga can bring health and happiness in all that you do.

Bikram's talk will be held at the Oregon Convention Center, Portland, Oregon May 9th from 7 to 10 pm. This is a rare opportunity to meet the man himself. Bring yourself, your family and your friends to this most incredible night. There will be a book signing immediately following Bikram's lecture.

For Bikram's official bio, [Click Here.](#)

For Tickets, [Click Here.](#)

For Oregon Convention Center, [Click Here.](#)

For Hotel Information, [Click Here.](#)

Hope to see you in class today!

Michael Harris, School Director

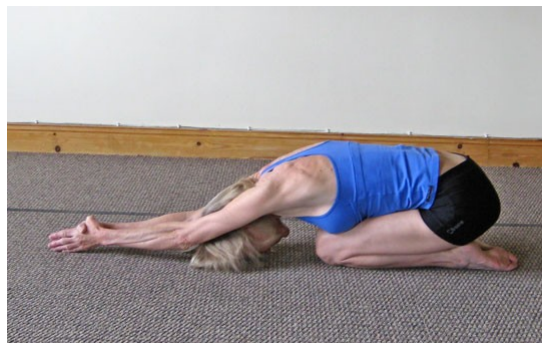
Quote of the Month

"With yoga you learn to like yourself, love yourself".

Bikram Choudhury

Posture of the Month

Ardha Kurmasana Half Tortise



Sometimes it seems like we just might be able to relax at this point. Yet, we are not so lucky. This posture seems so simple. But, we actually need to keep working to make sure that we are doing the posture correctly. For some students just sitting on the heels is a challenge.

Let's begin. Once we are sitting on the heels we want to bring the arms up over the head sideways. Really stretch those arms up to the ceiling. Then exhale breathing, suck in the stomach and go down squeezing the head with the arms. Do everything you can to touch first the forehead - then the edge of the baby fingers. Make sure you keep stretching the arms forward as much as you can. Even wiggling the fingers forward more. At the same time keeping your hips on your heels. When it is time to come up, inhale breathing, flat back and slowly come up. Then quickly turn around in savasana.

This simple posture offers so much in benefits. As highspeed blood is moving towards the brain it helps to re-energize, revitalize and reorganize our brain cells. In yoga literature it is said that 30 seconds of this posture is equal to eight hours sleep. This posture helps indigestion, stretches the lungs, firms the abdomen and thighs. It increase the flexibility of hip joints, scapula, deltoids, triceps and latissimus dorsi muscles. And that's just for starters

Hope to see you in class today!

Michael Harris, School Director

Student of the Month

May 2009 Student of the Month



Phillip Robert

Many of you have already met Phillip at the studio. But how many of you really know his story. His story is one of starts and stops - of ups and downs.

Phillip originally tried Bikram Yoga for the first time in 2002 after reading an article in Mens Health magazine. Since that time he has practiced in a number of different studios - though he has been unable to stick with it for a long period of time. Then in January of 2009 he started here at Bikram Yoga in Bend, Oregon. Just by looking at his pictures you can tell he has made a huge change. Since January he has lost 40 pounds -that's right - 40 pounds! That's just about 10 pounds a month. As Phillip says, "when I am practicing consistently it is easy to keep off the weight, when I don't practice I blow up like a ballon".

Right now Phillip has just finished up a 90 day challange. That's 90 classes in 90 days. Since we all have to eat everyday it makes sense to practice that much yoga. Especially if we want to shed all that weight. Phillip also struggels with sleep apnea. He says as he sheds the weight it has become easier to breath and that his sleep is much more restful.

Phillips says his least favorite postures are the really hard ones, because there really really hard. That would include standing head to knee, balancing stick and half locust. The posture he enjoys the most is

triangle. He likes the powerful display of strength and flexibility. Sometime he thinks that he could hold triangle forever.

Congratulations Phillip on being
May 2009 Student of the Month!

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

Michael Harris, School Director

Other News

Bring a Friend Day

Our Bring a Friend Day in March was an overwhelming success. We had so many students bring their friends that we ran out of room. So we have scheduled another one - *Saturday, May 4th at 11am*. On this day a current student can bring a friend or family member that has never practice Bikram Yoga. The current student receives a week free yoga and the new student's class is no charge. And - on this day only the new student can buy a Month of Unlimited Yoga for only \$29. So everyone benefits. Be sure to sign up at the front desk to make sure we have room for everyone. And yes, we will have munchies and fruit for after class.

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)**

Join Now!

Yoga, Yoga and more Yoga...