



BIKRAMyoga

# Forward Bend

A Newsletter from Bikram Yoga in  
Bend, Oregon

*Make your Body Smile!*

**November 2009**

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**Congratulations Melissa and Scott  
Another Yoga Baby..!!!**



**Melissa gave birth to a beautiful baby girl - Ayla was born October 11th @  
5:46am. A very beautiful and healthy 7lbs, 6oz.**

Can you believe it? It is already November. Each day it is getting cooler and cooler. Before we know it, the snows will be falling anytime now and the holidays will be upon us. Of course that can only mean one thing - it is time to do your yoga. Time to heat up the body in the warm room - and time to keep the mind from going into overdrive.

What better way to do that, than commit to a 30 day challenge. That would be 30 classes in 30 days. What is the best class time to do that?

Well of course - anytime. And to really start your day out right - the 6:15am class is a perfect way to begin. Yes it can be a struggle to get up. Though the benefits are tremendous. Everything from seeing the sunrise, starting the day grounded, more energy, less stress and you know - it just feels good... Maybe come up with your own list of reasons - they are just too numerous to mention them all.

For the rest of the month of November - we will tempt you with one more thing to get you here early. That is we will have some additional assorted food - some fruit - some cereal - some juice. Lets call it the [Bikram Yoga Sunrise Club](#). You can drive in, see the sunrise, do your practice, take a shower, have a bowl of cereal and be ready to go for the rest of the day.

Need some yogic inspiration? Check out the Student(s) of Month.

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### Posture Clinic

Saturday November 21st, 11:30 to 3:30

Are you new? Are you more experienced? This Posture Clinic is a perfect way to deepen your practice.

If you haven't already signed up - you can sign up at the front desk or [Sign up online now to reserve your spot](#)



Hope to see you in class today...

Michael Harris, School Director

### Quote of the Month

Now that my house has burned down,  
I can see the moon.

**Anonymous**

## **Posture of the Month**

### **Spine Twisting Ardha-Matsyendrasana**



**Bikram says, its the scientific building of each posture on the last that results in perfect body balance and well being. The spine twisting pose comes at the end - right before final breathing and savasana. It is the only posture that twist the spine from top to bottom at the same time. As a result it increases circulation and nutrition to spinal nerves, veins and tissues, improves spinal elasticity and the flexibility of the hips. Not to mention the internal organs that are affected.**

**To do this posture correctly, you must take your time to set it up - before you begin to twist. Make sure both hips are on the floor - and in the example above - bring your right heel to your left hip - and your left heel to your right knee corner. A common mistake is to bring the heel up your thigh on the floor. So just make sure the heel and knee are together as you bring your hand to the knee - then all three - heel, knee and hand will be together. With your left hand on the floor, stretch up out of the spine - so it is perpendicular to the floor. Once that is done, pick your hand up - with the palm out - reaching around to your right then. Now you are ready to twist. Turn your chin over your shoulder and just keep twisting. This posture is so powerful it is only necessary to do it once on each side.**

**Hope to see you in class today!**

**Michael Harris, School Director**

## **Student of the Month**

**November 2009  
Students of the Month**



**Phil and Tricia Brockett**

**Quick - can you guess who are the most regular long time students? Can you guess who are always smiling? Well almost always smiling. If you guessed Phil and Tricia you would be right. Both of them started Bikram Yoga in February 2004. Since that time - between the two of them - they have come to class a whopping 2,626. Phil averages about 24 or 25 classes a month - Tricia about 20 classes a month.**

**Phil is a local attorney. Before Bikram Yoga he would get up at four in the morning - because of back pain. Now that rarely happens - and he gets a good nights sleep. Phil says that his least favorite postures are the back strengthening postures because they are hard to do. Guess what his favorite postures are? Yep, the back strengthening postures - because they help his back.**

**On the other hand - Tricia who is a retired actress says she now sleeps less (more energy) and feels much happier. Her favorite posture is half tortoise. Least favorite? Yep, the back strengthening postures. Though it makes her feel better.**

**Congratulations Phil and Tricia on being students of the month - and the studios most frequent and regular students..!!**

**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 March 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.**

## **HOLIDAY PARTY**

Saturday December 6th 5 to 9pm

Be sure to put this date on your calendar now. We will give surprise gifts to the participants of the yoga challenge. Then everyone can have fun competing in the Bend Twister Championships. Perhaps if you have done the challenge you can twist and turn and win this fun event and receive even more gifts.

Be sure to bring your whole family and your favorite dish.

### **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

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### **Events**

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

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

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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.

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

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We hope to see you in class today!!

Michael Harris, School Director  
Bikram Yoga - Bend, Oregon

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