



May 2010

Dear Bikram Yogi

Welcome to all our new students and thank you to all our regulars for the wonderful energy you continue to bring into the studio. If you haven't been in a while it's the best place to be now winter is setting in!

Apologies to everyone who has been at the receiving end of Rapid Response who were managing the Top of Tory **car park**. They have had their contract terminated (I think we all know why!). Wilson Parking have leased the car park from our landlords. The car park is now Pay & Display, this means you can now pay for additional time and stay as long as you need. [read more ::](#)

Get ready for our next group **28 day challenge**, starting Tuesday 1 June. Sign up now to secure a spot. [read more ::](#)

Check out **Why the Government needs to make Bikram Yoga compulsory**, this is a great article written by one of our students Kara-Leah Grant on her yoga website **The Yoga lunchbox**. The article generated a lot of debate which you may be interesting to read, it also prompted Kara-Leah to write the following response **Is the Bikram series a victim of yoga snobbery**.

Lynn Whitlow will be back at the end of August for another Posture Clinic and Master Class. [read more ::](#)

We are currently looking for a massage therapist to share a treatment room with Heidi Cosslett. Heidi is available Thursday and Saturday for massage appointments which leaves the room available for daily rental on the other days. If you are interested please contact Anika on 021 1759 454 or wgtn@bikramyoga.co.nz.

Sally and Kate will be back from Teacher Training at the end of the month, please give them lots of support it is terrifying teaching your first few classes! Orissa is heading up to Auckland for a couple of months. Erik will be visiting from Malaysia in the first week in June while Margatet helps out in Christchurch.

Thank you everyone, who has provided feedback via email or the feedback forms, we always like to know what you are feeling and welcome your suggestions. If you haven't already, you can drop a note in the feedback box on the coffee table, email me on wgtn@bikramyoga.co.nz, call the studio, or simply talk to any of the teachers.

Namaste, Anika

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Class Times

Queens Birthday - Monday 6th June - 10am & 4pm class ONLY

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Top of Tory Car Park

You have **90 minutes free parking only**, for additional time please Pay & Display and place the ticket with a Bikram brochure on your dashboard and you will get the paid parking in addition to your 90 minutes free.

A \$1 ticket will give you an additional 30 minutes parking.

A \$2 ticket will give you an additional one hour parking.

If you do not Pay & Display and exceed 90 minutes you will receive an infringement notice, the fine is \$60.

Free WCC parking is available on Tory Street after 6pm for the evening classes.

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Lynn Whitlow Seminar

Lynn's husband Jeff has been in an accident and Lynn has had to postpone her visit to NZ until late August. Lynn has a wealth of experience and is a fantastic teacher. I learnt a lot from her when she came last year. I highly recommend you keep the dates free if you can. Simply take her class or join us for a Posture Clinic where Lynn will go through the postures one by one, giving corrections and answering questions as we go.

Lynn will be teaching the following...

- ⋮ Saturday 21st August 10am-12pm Master Class \$35
- ⋮ Sunday 22nd August All Day Posture Clinic 10am - 4pmish \$75
- ⋮ Monday 23rd August 6pm-7.30pm regular class \$18

Bookings available in August.

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28 Day Challenge

Get ready for our next group challenge - 24 classes in 28 days.

It doesn't matter if you are brand new or have been coming for ages. Learn how to listen to your body and take each class as it comes. You will develop strength, flexibility, patience, mental discipline and more.

Enjoy connecting with your body and yourself. And you'll look and feel amazing!

- cost ⋮ \$155 for a month unlimited pass
- when ⋮ starts Tuesday 1 June
- how ⋮ put your name on the challenge board reward
- reward ⋮ \$45 gift voucher towards your next pass

Sign up now!

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Studio Etiquette

Everything you do in the room affects everyone around you. Keep it fun for everyone. Please..

- ⚡ turn your cell phones off at the door
- ⚡ leave shoes and personal belongings in the changing room
- ⚡ avoid wearing strong perfumes/deodorants in class
- ⚡ before and after class please respect and enjoy the **silence** in the yoga room
- ⚡ be aware of people around you when you place your mat in the room
- ⚡ if you must leave the room, leave and return in between postures
- ⚡ keep extra movements to a minimum
- ⚡ close the studio door quietly when you enter and leave
- ⚡ please keep showers to **2 minutes**
- ⚡ enjoy!

Thank you.

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Spine Twist

Bikram's key

"First make sure the heel of the foot is touching the knee, not higher up on the thigh.. Second, when you bring your arm over and across, place the hand so, it the knee and the heel are still touching the same spot. Third point the toes of the leg bent on the floor, heel touching the outside hip.

Benefits

"This is the only posture that twists the spine from top to bottom, which increases circulation to all the spinal nerves, veins and tissues, and improves the elasticity of the spine (it also helps open the hip joints). Spine twisting relieves lower back pain and helps prevent slipped discs, rheumatism of the spine, kyphosis, scoliosis, cervical spondylosis and arthritis. It also calms the nervous system."

- Bikram as quoted in Bikram Choudhury Bikram Yoga



ARDHA
MATSYENDRASANA
Spine Twisting

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