



April 2010

Dear Bikram Yogi

We will be closed Good Friday and Easter Sunday this year, if we don't see you over the break, have a wonderful Easter and don't worry about all the chocolate - you can sweat it out later!

Kate Brown and Sally Cook are off to Los Vegas in April for the next **Teacher Training**, it's very exciting and we can't wait to have them back here teaching. The training is a 9 week intensive, you practice twice a day, 6 days a week along with a couple of hundred other sweaty bodies! Bikram runs the trainings himself to ensure as teachers we maintain the integrity of his teaching and his yoga series. It is an amazing experience if you like to know more, please talk to any of the teachers or visit www.bikramyoga.com.

Sadly Ro's 12 months are up and he flew back home on Saturday. Ro has been a fantastic teacher and friend to us all. With Ro gone, I am back teaching along with Margaret, Glenda and Nicole. Luke will be back at Easter for a few months and we will have a couple Christina and Marc visit for 10 days from the 10th - 19th April before heading off to help out at the Teacher Training in Los Vegas. **Lynn Whitlow** will also be back in May for another Posture Clinic and Master Class.

We are lucky to have these senior teachers travelling through NZ at the moment, they have a lot of experience and knowledge to share. As always please make them feel welcome and remember approach each class with..

...an open mind, an open heart, and an empty stomach!

After Easter we will be charging \$2 for mat hire and \$20 (per calendar year) if you wish to store your own mat here at the studio. This will help us maintain the mats and keep them dry and fresh for everyone. [more details ::](#)

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

Good Friday 2nd April - CLOSED

Saturday 3rd April - 10am & 4pm only

Easter Sunday 4th April - CLOSED

Easter Monday 5th April 10am & 4pm only

Anzac Day 25th April - 4pm class only

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Lynn Whitlow Seminar

Lynn will be back in the last weekend in May for another series of classes and a workshop. 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. More details to follow in May.

Lynn will be teaching the following...

- ⌘ Friday 28th May Koha Class
- ⌘ Saturday 29th May All Day Posture Clinic 10am - 4pmish \$75
- ⌘ Sunday 30th May 10am 2 hour Master Class \$35

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Yoga Mats

With the increased humidity, more classes on the schedule and more students we have been struggling to maintain the mats and get them dry/fresh in between classes. Unfortunately it is no longer feasible for us to keep providing complimentary mats for everyone.

From Tuesday 5th April..

- We will be introducing a \$2 fee for mat hire if you wish to use one of our mats. (Complimentary mats will still be provided as part of our Introductory Offer).
- If you wish to leave your mat at the studio you can rent a storage space for \$20 per calender year. (This will ensure you get your own storage space and the mats will dry and stay fresh between classes)
- You can purchase a mat at the studio for \$30 (Red, Green or Blue).

Thank You!

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Studio Etiquette

Everything you do in the room effects 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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Head to Knee and Stretching Pose

Bikram's key

"As a beginner you may not be able to lock your knees. No problem. Pull on the toes, and try to straighten your legs on the floor. If you feel the pull on the backs of your knees and legs, that's good. That means you are stretching the sciatic nerves, thigh biceps and calf muscles.

Benefits

"The combination of Head to Knee pose and Stretching Pose is excellent for the immune and lymphatic systems, increases the circulation to the liver, spleen, pancreas, thyroid, thymus and intestines. It improves digestion and is good for allergies and arthritis. Stretching Pose also relieves chronic diarrhea by improving the circulation of the bowels."

- Bikram as quoted in Bikram Choudhury Bikram Yoga



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