



September 2010

Welcome to Spring! It's been great to be able to let the natural light in the studio now we can have the curtains open. It feels like a whole new room.

Come and see how Bikram yoga can alleviate common syndromes including headache, migraine, insomnia, anxiety and depression. Dr Giresh Kanji of the Wellington Pain and Headache Clinic will talk about what you can do to alleviate them and prevent them coming back. There will be two 30 minute talks at the studio Saturday 18th September 12.30-2.30pm. [read more ::](#)

Get ready for our next group 28 Day Challenge. Starting 1 October, the challenge is to complete 24 classes in 28 days. This is a great way to deepen your practice or simply start your Bikram practice. You learn to listen to your body, take each day as it comes and develop the discipline of a daily yoga practice. The more you come the better you feel and the sooner you see results.

Yoga works through repetition and intensity. The Bikram series is developed around 26 natural range of motion postures and two breathing exercises. It is through doing the postures we improve our bodies. Throughout Lynn's seminar she talked a lot about the three key elements to your Bikram practice, your breath, your focus and your strength. [read more ::](#)

For security reasons, please make sure you are ready to leave before the next class starts so we can lock the doors. We like to know the changing room are empty and everyone is in the yoga room when we start class. Thank You. [more on studio etiquette ::](#)

Our new teacher Tom Leimert arrives from Portland Oregon in a couple of weeks. Tom is a recently retired oncologist who along with a passion for the yoga brings a strong understanding of anatomy and function to his teaching. Please make Tom welcome when you meet him.

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](mailto:wgtn@bikramyoga.co.nz), call the studio, or simply talk to any of the teachers.

Namaste, Anika

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## How does our current way of life cause our headache?

Dr Giresh Kanji of the Wellington Pain and Headache Clinic will talk about the processes that lead to the development of common syndromes including headache, migraine, insomnia, anxiety and depression and what you can do about them with and without drugs to alleviate them and prevent them coming back.

Come and see how Bikram yoga can alleviate these problems by acting at the cause of these disorders.

**Saturday 18th September - Two 30 minute talks, each followed by questions and answers.**

**12.30pm – 1.30 pm**

What is the connection between headache, migraine, insomnia, anxiety and depression?

**1.30pm - 2.30 pm**

The spinal curves, what everyone should know about the back and neck posture to reduce their pain.

Cost by donation to charity.

**Book at reception or email me at [wgtn@bikramyoga.co.nz](mailto:wgtn@bikramyoga.co.nz).**

Dr Kanji was born and raised in Wellington and studied at Otago University and lately at Massey University. He is a pain specialist at Southern Cross Hospital in Newtown and is currently writing up his PhD thesis on what causes headache. He has performed a clinical trial on people who suffer from headache and will present his findings of this trial. He has written several articles, given a dozen conference presentations and writes a weekly newspaper column in Citylife newspapers called painless. Nearing completion is his book on the adrenaline nightmare aimed at helping people who suffer from these problems.

Dr Giresh Kanji (MbCHB, PG DipMusmed, FRNZCGP, FAFMM, PGDip Businf MMgt)  
Musculoskeletal Pain Specialist Wellington Pain and Headache Clinic Southern Cross  
Specialist Centre Wellington

[www.painclinic.co.nz](http://www.painclinic.co.nz)

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## **Lynn Whitlow Seminar**

Lynn spoke about the three keys to your Bikram practice..

### **1. You Breath**

The most important thing we do is breathe. In class the goal is to breath normally for 90 minutes, this means your breath should be calm, even and continuous.

By keeping your breath calm you are keeping your mind calm. When you mind is calm you don't react to stress and you are able to maintain the connection between your mind and body. If you loose this connection you can then push beyond where you body should as your mind is no longer controlling what your body is doing.

### **2. Your Focus**

Keep looking at whatever you are told until you are told to look somewhere else! This is the only time in life you don't have to multi task simply follow the teacher.

Focusing on something establishes our ability to concentrate; concentrating establishes our ability to meditate.

If you are losing your balance you have lost your concentration. Don't even blink. Blinking changes the information pathways to the brain and you have lost focus.

The true challenge is to understand the power of the mind to shut out what is around you.

### **3. Your strength**

Without strength you cannot open your body. Strength allows your body to safely stretch.

Oxygen is our bodies fuel, the deeper your breath the more oxygen. More oxygen allows your body to get fuel to deepen your strength and deepen your postures.

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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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## Awkward Pose

### ***Bikram's key***

"In the first two phases of this posture, your knees will try to move closer to each other. Don't let them - remember to keep them 6 inches apart. The hands also have a way of floating upwards as you sink downwards, so keep them in check as well. To do this properly, your arms must be parallel with the floor. Keep them tight, elbows locked, five fingers together. Another key; keep the stomach sucked in tight.

### ***Benefits***

"Awkward pose will tone and shape your legs like nobody's business. And quickly: The definition and strength you gain here are amongst yoga's fastest results. This posture is such a great warm up in part because it stimulates circulation, sending blood roaring to your lower extremities. If you suffer from chronically cold feet, that will be over. It also helps relieve rheumatism and arthritis of the legs, and helps to cure slipped discs and other problems of the lower spine. Awkward pose also promotes laser-beam concentration."



- ***Bikram as quoted in Bikram Choudhury Bikram Yoga***

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