

Bringing Wellness to Our Bodies, Minds and Spirits



Bikram Yoga

In the Valley Simsbury

Newsletter #14 ~ July 2, 2010

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The Lost and The Found

We have a lot of really cool stuff that has continued to collect over time. We have a **large selection of jewelry** as well. Please check your collections and see us if

Hello Laurie,

Happy summer! I hope this email finds you well and enjoying the benefits of your Bikram Yoga practice.

Please note our Holiday Hours:

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July 4 - 8am and 10am only (no 1 or 4)

July 5 - Normal Schedule (6,9,1,4:30 & 6:30)

July 9 - Closed in honor of Bishnu Gosh

Lots of great news and happenings to share so please read on. I'd love to hear from you if you have any comments or suggestions.



New Classes.

We have heard the call and are adding new late evening classes.

Beginning July 12, 2010, we will add an 8:30 pm class on

you find something missing.



Those Yoga Mats



Many of you have been practicing for some time now, which means so have your yoga mats. If you have a standard style, they can absorb sweat as well as the inherent odors that go with it. So - that scent you may be smelling in the studio may be coming from your mat. It's nearly impossible to remove the scent once it gets inside the mat.

Please think about replacing it before it gets to that point. We do carry Kulae mats in the studio which do not absorb anything (they are closed cell) and can be cleaned quickly with tea tree oil and water. Any mat will do, however. Just give yours a whiff and decide if you'd like to be laying on or near it during a class!

Mondays and Wednesdays.

We'll watch the attendance at these and, if the demand is there, we'll add more days.



Welcome to Our New Teachers.

We We are very lucky to have several newly minted teachers joining our ranks from the most recent Teacher Training in Las Vegas. Please join me in welcoming:

Laurie Krause. Of course you all know my partner, Laurie. She also wrote a blog every day during training so if you ever wanted to know what it takes to become a Certified Bikram Yoga Teacher, you can read all about it [here](#). She'll teach the Tuesday 1:00 class and fill in wherever necessary.

Kathleen Fitzgerald. A member of our studio since October of 2009, Kathleen will be teaching the 6:00 am Wednesday class and the 8:30 pm Monday class.

Jen Brown. Jen has been practicing for years at the Glastonbury studio. She will be teaching the Wednesday 8:30pm class as well as the Friday 6:00 am class.

A big congratulations to all for their huge accomplishment in completing Teacher Training! This is a grueling nine-week, full time training course involving hundreds of hours of both classroom and physical instruction.



In Closing.

I thank you for being part of our Bikram Yoga Simsbury community. I'd like to leave you with this quote from Mother Teresa:

***"To keep a lamp burning, we have to keep
putting oil into it."***

I hope that you continue to come to class as Bikram is the perfect oil to put in your lamp!

Namaste,

A handwritten signature in black ink, reading "Richard J. Merca".