

Bringing Wellness to Our Bodies, Minds and Spirits



# Bikram Yoga

In the Valley Simsbury

*Newsletter #15 ~ August 24, 2010*

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**Row, Row, Row...**



Ever notice those little

Hello Laurie,

I hope you are enjoying the last days of summer. As summer draws to a close and we begin our fall schedules, I wanted to make sure you knew about our change in hours:

### Labor Day Hours:

**Monday, September 6, 2010**

8am and 10am only

No 6am, 9am, 1pm, 4:30pm, 6:30pm, 8:30pm

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We are also excited to announce that we will be **adding more classes:**

**Beginning Tuesday, September 7, 2010:**

**8:30pm Class**

**Monday through Thursday!**

Hope to see you there soon!



white numbers on the baseboards in the yoga room? They are there to help us keep our mats in rows to maximize our Bikram experience (i.e.; keep feet a respectable distance from our faces). Put the top of your mat at the number line and roll it back towards the door to the lobby. With the fall comes increased class sizes so it'll become more important to work on our 'rowing'.



### **Quiet, Please, Peace and Quiet**

Please remember that the yoga room is a silent room. It is a place for meditation and peace before, during and after class. Please keep your conversations, no matter how short, outside of the yoga room in our beautiful and spacious living room lobby. Everyone will benefit!



### **New England**

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### **Congratulations!**

*Dan Mainolfi and Chuyong Kwak* have completed a marathon of 100 classes in 100 days. What an outstanding feat! They are truly an inspiration to us all. Ask them what this level of practice has done for their bodies and their overall health. Amazing!



Any challengers out there?

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### **Welcome to Another New Teacher!**

Many of you have met Ayn Toppin, who teaches our Wednesday 8:30pm class. She graduated this Spring with Laurie, Jen and Kathleen. Her home studio is in Northampton, and we're very happy to have her with us!

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### **In Closing.**

If any of you belong to groups or clubs who you think might benefit from Bikram Yoga (and who couldn't?) I would love the opportunity to come and speak to them. We have a presentation put together which goes through the benefits and specifics of the practice that has been very well received.

I thank you for being part of our Bikram Yoga Simsbury

## Regional Yoga Asana Championship

Want to take your practice to the next level? Or just watch some incredible postures? Visit or compete at the New England Regionals at Patriot Place, MA on October 16. Come see us at the front desk for more info if you are interested.



community. Given the upcoming change in seasons, i thought you'd enjoy the following quote from Johann Wolfgang von Goethe:

***"Whatever you can do or dream you can,***

***begin it.***

***Boldness has genius, power and magic in it."***

Fall is a great time to begin, or re-commit, to your practice! Hope to see you soon.

Namaste,

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