

Bringing Wellness to Our Bodies, Minds and Spirits



# Bikram Yoga

In the Valley Simsbury

*Newsletter #19, March 4, 2011*

.....

## Quick Links

- [Our Website](#)
- [Class Schedule](#)
- [Testimonials](#)

.....

## In This Issue

- [TCM Corner](#)
- [Karma Students](#)
- [Congratulations!](#)
- [New Prints!](#)
- [Clean Air](#)
- [Locks for Rent](#)
- [Mod Skin is Back](#)
- [Upcoming Seminars](#)
- [Plastic Bag Request](#)
- [In Closing](#)

Hello Laurie,

*Spring is right around the corner - you can feel it in the air. Time to start thinking about all of those Spring activities that your yoga practice will help you with. Golf, tennis, gardening, all of these will benefit from a strong, flexible body.*

Have fun perusing our Newsletter. This edition brings lots of new items, helpful information and events to share. Enjoy!

-----  
**----Congratulations Challengers!**



We have many 30- and 60-Day Challengers to congratulate. What an excellent way to treat yourself to a new level of practice and a new you!

**150 Days:**

**Annemarie Rogers**

**60 Days:**

**Jia Luo and James Helms**





This is our tough guy, Spikey.

### Karma Students

Love your practice but need a little assistance in supporting your habit? We are interested in a few good Karma

Students. This is a plan where you help out in the studio in exchange for yoga classes. The basic requirements are:

- 1) You must have and maintain a regular practice;**
- 2) You must be willing to do pretty much any kind of work - clean showers and bathrooms and mirrors, vacuum, dust, sweep, stock, whatever it takes.**
- 3) You must have an upbeat attitude and honestly enjoy helping people.**

If you are interested, please see Richard or Laurie.



### Locks Now Available

As much as we'd like to believe that the idea of Karma keeps everyone from helping themselves to someone else's stuff, sometimes we like to just put our minds at ease. Toward that end, we are now offering locks for rent so you can lock up your valuables in the lockers and put them out of your mind during class. They rent for \$1 and you just leave us your car keys (so you don't forget the lock in the locker room).



### Mod Skin

[mod.skin](http://mod.skin) care is made very locally - right up the road in East Granby - by a local guy, Raffaele Roberto. It is also junk-free and cruelty free, uses minimal packaging and gives back 1% of

profits to environmental causes.

After a years-long search for natural skin care that actually works, Laurie located this line and has been using it exclusively for about two years. It is wonderful stuff and we are now re-stocked in the studio. For those of you familiar with the line, he brought back the Weightless Lotion! He has also made the sizes and containers travel-friendly. Testers are available so come on in and check it out.



**Posture Tips  
Richard's Corner**



I'd like to thank Dana Scott for the idea for this section of the Newsletter, as well as for taking the time to capture several tips that she found helpful. I'd also like to invite anyone to email me tips that you have heard from different teachers (please let us know who the teacher was) for future Newsletters.

- 1) To assist with your balance, focus on a spot and then narrow your gaze to a pinpoint.
- 2) When going in and out of the floor series, change the side you come up and go down on, regardless of which side is easier. This helps build muscles on each side.
- 3) The sit up - don't throw your arms forward to use them in helping you to sit up. Keep your arms locked with your ears and use your abdominal muscles instead.
- 4) When lying on your stomach in savasana, really strive to put your

**Great Educational Events!**

Linda DiBella, Holistic Health Coach and owner of [Get Real 4 Health](#), is offering two new seminars in the studio:



**Wednesday, March 23, 6:45pm to 7:45 pm:**

**Eating for Energy**

What foods can we eat to help us with our practice as well as the rest of our day?

**Wednesday, March 30 6:45 pm to 7:45 pm**

**How Toxic Am I?**

What is the chemical load we put in and on our bodies daily and how can we counteract that with foods?

Classes are \$25 each, or you can attend both for only \$40. These seminars will leave you enough time to go to either the 4:30 or the 8:30 pm class if you'd like.

See you there!

**Bring in Your Bags**

You know that closet or drawer full of plastic shopping bags? Bring them on in, we'll take as many as you have. Everyone loves to grab one for their wet things.



**In Closing.**

We thank you for being part of our Bikram Yoga Simsbury community.

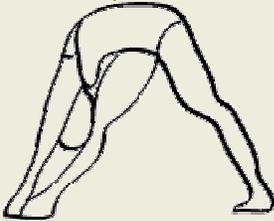
We are very impressed with the commitment and drive of our 30- and 60-day challengers. It takes that kind of commitment to complete a challenge - yet it is a commitment to yourself, a true sense of your being worth the time and energy, in order to heal and grow. Give it a try.

full ear on the towel. This will give you a great cervical stretch and increase your range of motion.

5) In Locust Pose, push off your hands and wrists to get some height in your legs.

6) In the fast set of Blowing in Firm Pose (the final breathing exercise), focus first on trying to just blow out. Your stomach will catch up.

7) When coming out of Standing Separate Leg Head to Knee, keep your arms with your ears and engage your abdominal muscles to lift your upper body back up.

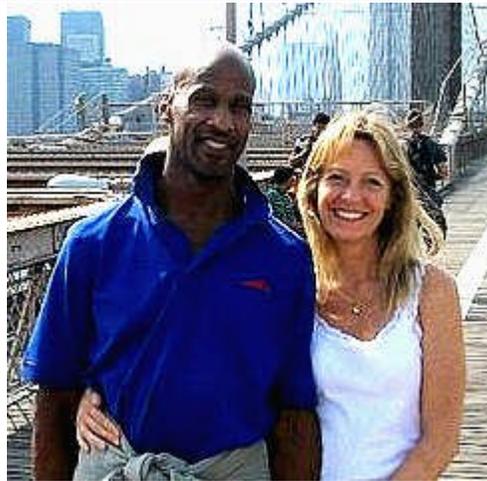


That's all for now! Enjoy your practice.

Consider this quote from Saint Frances de Sales:

**"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them - every day begin the task anew."**

We wish you patience, peace and good health.



[Forward email](#)



This email was sent to [studio@bikramyogasimsbury.com](mailto:studio@bikramyogasimsbury.com) by [studio@bikramyogasimsbury.com](mailto:studio@bikramyogasimsbury.com) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Bikram Yoga in the Valley ~ Simsbury | 860-217-1663 | 7 Deer Park Road | Weatogue | CT | 06089