

Bringing Wellness to Our Bodies, Minds and Spirits



Bikram Yoga

In the Valley Simsbury

Newsletter #20, June 3, 2011

.....

Quick Links

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

.....

In This Issue

- [TCM Corner](#)
- [Karma Students](#)
- [Health Plan Reimbursement](#)
- [Plastic Bag Request](#)
- [Richard's Corner](#)
- [A Tax on Yoga?](#)
- [Congratulations!](#)
- [Leaving Class Early](#)
- [Hemp Hearts](#)
- [Rabbit Flap Mats](#)
- [Yoga Party!](#)
- [In Closing](#)

.....

TCM Corner

Hello Laurie,

It's summer time! A great time to take time for you and your health. Traveling and being active in these months is greatly enhanced by a regular practice, which will keep you healthy and in great shape for your summer vacations.



Enjoy this edition of our Newsletter and have a great summer!

.....

New Yoga Tax

In their infinite wisdom, the legislature and our new Governor have seen fit to begin **taxing yoga classes** (all political commentary withheld, using every ounce of willpower we have).



This will begin on **July 1, 2011**. Any classes or packages you purchase on or after that date will incur the new 6.35% (it may be at 6.25%, we will verify) addition in sales tax. Good time to plan ahead for your purchases before the lovely new tax hits!

.....

Congratulations Challengers!



From Hot Flashes to Painful Joints

There are literally formulas for every ailment and disharmony. I've had great luck recently with a new formula that reduces or even eliminates **hot flashes** and **night sweats**. I've also seen some wonderful relief provided for **pain in various joints**. Another extremely effective one is used for **bloating and gas relief**. Who can't use that after all those barbeques?

Some of these are general formulas that anyone can try. If your issues need a little more specific diagnose, schedule some time with Laurie. After meeting with you for an hour or so (consultation fee is \$100), Laurie will find the correct herbal formula to help your body to heal itself. The herbs are crushed and then compressed into tablet form so they are very easy to take. Many also come in a tincture or liquid formula if you would prefer. There is nothing else added - no fillers, no sugars, no chemicals, no junk.

Remember that this is for pets, too!



If you have an itchy dog or one with other issues, see Laurie.



We have multiple members of the 30-Day Club, and many are just continuing their daily practice. Put your name up on the board and just do it!

Join the fun today.

Yoga Etiquette: Leaving Class Early

Basically, the first rule is that you **never leave the class before the teacher**, as that is considered disrespectful. This is especially true at the end of class, where the teacher is the first to leave the room.



Having said that, life happens. Every now and then, you may need to leave before class is over, due to an emergency or appointment that you cannot miss or change. First and foremost, this should be a

huge exception - as you know, the postures are set in an order that needs to be completed to receive the benefits of the class. Second, position your mat as **close to the door** as possible and leave very quietly and as unobtrusively as possible, out of respect for your fellow yogis.

Now, if you are leaving the class early so you can be the first in the showers, or skipping the final savasana (where all of the benefits are integrated into your body) so you can beat your classmates to the bathroom, you may want to reexamine your yoga priorities!

If you have a specific circumstance that puts you into one of these categories, please **see us and we'll help you** find a workable plan.

Hemp Hearts

.....
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 (4+ times per week);**
 - 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.



Some Health Plans Reimburse for Yoga

Check with your HR department to see if you can be reimbursed for your yoga classes. Many health care plans are now honoring these requests (Travelers is one), having realized that yoga is a great tool to keep us all healthy!



.....
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.



We have found a great new product: shelled hemp seeds (no, not the 'twigs & seeds' kind of seeds, you crazy kids). These little nutty guys are extremely **high in protein**, and that's a complete protein with all the amino acids. They have a light nutty flavor and you can put them on anything. They are full of **Omega 3's and 6's**, high in **fiber and iron**. Best thing is that a very small amount fills you up - just 2-3 tablespoons make a great cereal with almond milk and agave, and putting them on your salad for lunch will keep the hunger away for many hours.

We also have the hemp bars, which combine the hemp hearts with chocolate and a fruit or nut topping. Richard has 1/4 of a bar for breakfast and says it keeps him full until lunch.



We carry the bars in all toppings and the hearts in a one-serving bag or a 1-pound tub. Give some a try today!

.....
Rabbit Flap Mats

Rabbit Flap Mats are in! All colors and 2 sizes, Regular and Long. These are a great alternative to a towel and mat - they are both in one.



Benefits:

- No messing with your towel to keep it straight these mats lay flat and stay there.
- No smell - you drop the whole thing in the washer and dryer after you practice.
- Great sizes - the longs will keep a 6+ footer's head and heels on the mat.
- Cool "rabbit flap" - the end of the mat flips up to hold your heels in Rabbit Pose.
- Excellent color choices - lots of brights, darks, whites, you name it.

Give one a try!

Everyone loves to grab one for their wet things.

.....

.....

Posture Tips

Richard's Corner



Newsletters.

1) In Half Moon and Balancing Stick, any of the "stretch up" postures, always think of lengthening the spine. That means stretching UP and out of your lower spine first, and keeping that stretch throughout the posture.

2) Also in Balancing Stick, to assist with keeping your arms up in the posture, think of stretching out of your lower spine all the way through to your fingertips. Stretching forward is much easier than lifting them up once you're down in the posture.

3) When standing between postures and sets during the standing series, pull your shoulders back and lift your chest up to breathe more deeply and fully.

4) In Standing Head to Knee, think of bringing your inner thighs together, as well as kicking your heel forward all the way from the hip.

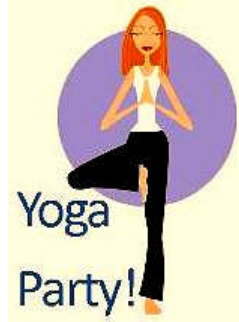
5) If you have a tendency to hunch your shoulders forward, try tucking your shoulder blades under when in savasana on the floor. This will give you build the muscles you need to help avoid hunching over.

That's all for now! Enjoy your practice.

Yoga Party!

Not Toga Party, although I guess you could wear your favorite sheet if you'd like.

Tammy Ford is having the whole crew over to her house for a **Bikram Yoga Picnic**. Very casual, bring a side dish or snack with you. Everyone is invited! There will be live music by Amy's husband Brian's band, and we're hoping all of our many talented musical members will also join in.



The Details:

Saturday, June 11, 2011

6pm to 9pm

Bring a side dish, blanket, chairs.

Sign up at the front desk, we'll get you the directions.

Bring the family and come join us!

.....

In Closing.

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

We are looking forward to seeing everyone at the party, so kindly hosted by Tammy. We have such an awesome community of interesting, like-minded people, it will be great fun to have time to see everyone outside of the studio.

Thank you to Eileen Carroll for posting this on our facebook page:

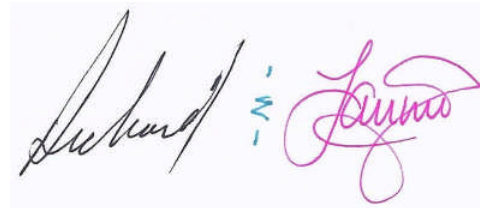
"It is a process likened to squeezing a drop of blue dye into a jar of water day after day. The first drop dissolves slowly, with no apparent change.



**After the second drop,
the change is still not visible.
After a month, the water
will become a light blue.
After a year, a deep, deep blue.
Every yoga session is like that blue drop."**

How wonderfully appropriate this is to our yoga practice. So - have patience and look for the slow but important changes in your body, mind and spirit.

Namaste,



[Forward email](#)



Try it FREE today.

This email was sent to studio@bikramyogasimsbury.com by 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