

Hot Times

Bikram Bay Ridge Newsletter

Issue 6, May 2010

www.bikrambayridge.com

Welcome to Hot Times, an eNewsletter from Bikram Bay Ridge! You are receiving this newsletter because you provided your email to the studio. If you do not wish to receive this monthly email, you can unsubscribe by following the "unsubscribe" link at the bottom of the page.

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Nancy's Notes

Happy May! Happy Mother's Day! Happy end-of-the-school-year to all you college students! Happy *almost*-end-of-the-school-year to all you school teachers and students!

No, but seriously, spring is a happy time, isn't it? Celebrate yourself, celebrate your Mom (and all the other important women in your life), and celebrate taking care of yourself so that you can enjoy life to its fullest.



Don't be afraid of getting in the hot room when it's warm (or downright hot) outside. You might find, as I did the other day, that you're more flexible as a result of being warmer all day and night. You might find that it's a bit of a struggle, but that's okay. Have patience and allow your body to adjust -- that should only take a few classes. Keep up your hydration (with plenty of water and electrolytes) and you'll be just fine.

Here are a few quick notes about some goings-ons:

- For safety reasons Klean Kanteen has recalled the sport cap 2.0 due a defect. They have developed a higher impact version of the spout that remedies the potential hazard. Please contact Klean Kanteen directly to receive a new cap with the redesigned spout. Click [here](#) for more info, or call 877-546-9063. Please contact Caroline at caroline@bikrambayridge.com if you have any questions. And, if you cannot live without your kanteen until your cap is replaced, we sell leak proof caps at the front desk.
- It's coming up soon! Bikram is coming to NY (Harlem, in particular) for a lecture and book signing on Saturday, May 22nd. To purchase a ticket, please [click here](#).

- Memorial Day Weekend Schedule Changes. We are changing the schedule to accommodate all the barbecues and beach outings. We will have class on:
Saturday, 5/29 at 8am, 10am, and 12pm
Sunday, 5/30 at 8am, 10am, and 12pm
Monday, 5/31 at 8am, 10am, and 12pm
(Same schedule for all 3 days... trying to make life easy for all of us!)

See you in the hot room!
Nancy

Robert is this month's Hot Spot!



Robert took his first Bikram Beginning Yoga class about a year ago at the Bay Ridge Studio. As a football and soccer player, he was looking for something that would help stretch tight muscles and prevent injury.

Robert recounts how every class is different and challenging. While it's helped improve his physical strength and flexibility, he recalls, "it's not just physical, it makes everything else you deal with in life easier."

Robert's favorite postures are Awkward and Camel. He particularly the second and third parts of Awkward, "they are a challenge and I like really pushing myself." For Camel, Robert most enjoys the savasana between the first and second pose. "That's when I feel the yoga having an effect on me." [READ MORE](#)

Camel Pose is so Awesome!

We all know the feeling: you've been in the room for over an hour, you're tired, hot, and just wishing for the end of class. Then the teacher says it: "Time for Camel Pose!" Instead of finding another excuse to stay on your back, think about all the benefits you get by doing this wonderful posture. Remember, it's not about being perfect in any posture, it's all about giving it your 100% effort.

Here are just some of the many benefits:

- Compresses the spine, relieving back problems
- Opens the rib cage, lungs, and digestive system
- Stimulates the nervous system
- Great for the lungs and many bronchial problems
- Strengthens back and shoulder muscles
- Stretches throat, thyroid & parathyroid glands, and abdominal organs (helps digestion; can



relieve constipation)

- Flushes fresh blood through the kidneys
- Helps eliminate toxins
- Improves flexibility of the neck and spine
- Firms and slims the waistline

What's not to love about it? Work hard, and you'll feel great!

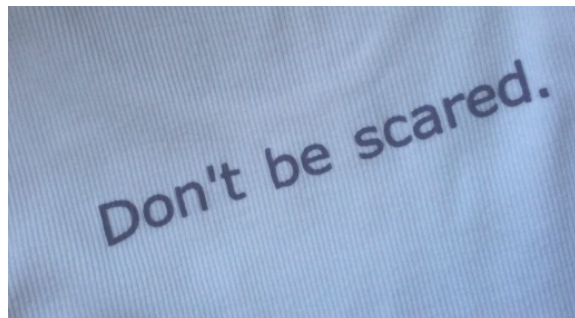
How exciting, a CONTEST! Design our next T-Shirt!

Do you see those pictures down below? Yup, that was last year's T-Shirt and Tank Top design... while, yes, it is a cute phrase, let's all admit it's really not the most exciting T on the block. This year, we're turning to you to help us design a cool, hip, fresh (or maybe not fresh, do we still use that word?) new T-Shirt!

To make it more exciting, we're holding the first annual T-Shirt Design Contest. The winner, chosen by us of course, will win a FREE month of yoga, and bragging rights for the year. So, get to it! Show us your stuff! Design something that you'd be proud to walk around town in -- of course it should state our studio name (Bikram Yoga Bay Ridge) somewhere... that's the only real requirement, so get creative!

Please submit your entry by Sunday, May 16th to nancy@bikrambayridge.com or if it's not digital, please leave it at the studio.

We're looking forward to seeing all your submissions!



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