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Monthly News

What to look forward to in
November, 2005

NAMASTE,

What a beautiful fall we have had. I have enjoyed seeing the number of students increasing and your postures improving from hard work and dedication. Remember even as the days grow shorter, making time for your yoga practice creates a balance that will steer you through the busy holiday season ahead, with health, grace and joy.

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Holiday Schedule

Here's our upcoming Thanksgiving Schedule:

- **Wednesday, Nov. 23:** 6.30am & 7.00pm (no 5.00pm class)
changed by request
- **Thursday, Nov. 24:** No Classes
- **Friday, Nov. 25:** Noon Class Only
...and our Christmas & New Year's schedule, too!
- **Saturday, Dec. 24:** 10.00am Class Only
- **Sunday, Dec. 25:** No Classes
- **Monday, Dec. 26:** 5.00pm Class

Featured Pose

- **TRIANGLE POSE**
(TRIKANASANA)

Every newsletter we will feature a pose from the Bikram series, in order to shed some light on a pose that you may be struggling with in your daily practice. Our first featured pose is Trikanasana, or triangle pose. Although it is one of the most difficult postures in the Bikram series, it is also one of my favorites. As you may notice from class, I am very adamant in making sure that you come as close as possible to achieving the perfect Trikanasana pose. Trikanasana comes from the Sanskrit word *tri* which means three and *kana* which means corner or angle. Therefore, "three corner or three angle posture" is often called the triangle posture. **The set up is one of the hardest parts.** You must look in the mirror to determine if your step is wide enough. Pay *close* attention to the width of your arms. I know they may get tired but you must hold them up strong in order for them to become stronger. Your

Hampden Community Council Fundraiser

The Hampden Community Council is presenting "Winter's Tasteful Evening" to benefit community programs on Saturday, December 10 at *The Wine Source* from 5.00pm to 7.30pm.

Bikram Yoga Hampden will be hosting an art show and silent auction from 7.30pm to 9.30pm. Tickets for both events are \$25 and include all of the following: beer & wine, appetizers, raffles, and gift certificates. For the art show at the studio, tickets are \$10 at the door.

Please ask anyone at the front desk for purchasing information.

Bikram Yoga & Whiskey Island's "Yule Tide Ball"

We want to share some of our favorite holiday treats with you-- on December 17, 2005 starting at 5.00pm! Come early to decorate your own gingerbread men (5pm-7pm). Enjoy a mug of hot mulled cider or mulled wine. Visions of rum balls and sugar plums dancing through the studio. Chestnuts roasting on an open fire will warm your hands as you stroll down to see the "Miracle on 34th St" Light Display. All are invited to bring something savory to share and something warming to drink to help us celebrate the holiday season. Stop in for a great array of HOT holiday gifts: including award winning salsas and yoga classes for you favorite honey's stocking. The party lasts until the rum runs out!

[RSVP to the party...](#)

Breathe Yoga Wear

Need to update your yoga clothes? Looking for comfort and style while practicing at the Bikram Yoga Studio in Hampden? Check out the new line of clothing we are selling at the studio called Breathe Yoga Wear. The tops and bottoms come in numerous colors, cuts, and sizes which can be purchased as separates. Please inquire at the front desk for more information.

[Check it out...](#)

them to become stronger. Your feet should be the same distance apart as your hands. After a while it becomes second nature but you must *continue* to look in the mirror. Your bent knee creates a perpendicular line at your thigh and shin. Most people are afraid to sit down low enough. Bring your hips lower and lower everyday. You are stretching and strengthening muscles throughout the lower extremities, especially the hip flexors and knee extensors. You are your own teacher and must know what to look for: arms parallel, spine straight down the center and knee perpendicular. So with all these geometric references is it called triangle? When everything is in the right place you will see a triangle. It is under your armpit: the two sides are made up of your rib cage and your inner arm and the base is the top of your thigh. Triangle pose is the only posture that will work every muscle, joint, tendon, and internal most effective pose to increase the strength and flexibility of the hip joints and the muscles of the side of the torso. While firming the upper thighs and hips it also slims the waistline. It improves the deltoids, trapezius, scapula and latissimus muscles. **Now, come to class and keep trying with your triangle pose.**

Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[RSVP to the Bikram Yoga Hampden & Whiskey Island "Yule Tide Ball"](#)

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email: info@bikramyogahampden.com
phone: 410.243.2040
web: <http://www.bikramyogahampden.com>

Gift Certificates

The holidays are quickly approaching, and what better way to celebrate than with a Bikram Hampden Gift Certificate for the one you love. Please inquire at the front desk for more details.

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