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Monthly News

What to look forward in the New Year

December/January

NAMASTE,

It warmed my spirit to see so many of you come out to support the community at the fundraiser on Saturday. Allen Hicks (HCC president) made this wonderful evening come together and Jenny Ehrhardt (resident massage therapist) created a winter wonderland of our yoga studio. David Wells put out a delicious spread at The Wine Source and kept the wine and beer flowing at the Art Auction. A big Thank You to all the artists and local merchants for being at the event and helping raise thousands of dollars for the Hampden Community Council. Stay tuned for more events to come with the Hampden Community Council, The Wine Source and the Bikram Yoga Hampden.

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Holiday Schedule

Friday noon classes will be CANCELLED starting December 16th, please make note of the change! Here's the holiday schedule:
Christmas--

Featured Pose

SAVASANA ~ Corpse Pose The next two weeks will bring a lot of hustle and bustle. It is especially important during this time of year to allow yourself a moment of stillness at some point during each day. Just as we contrast our intense efforts between poses with the stillness of Savasana, create a "Savasana"-like experience outside of the yoga studio everyday. Corpse Pose allows the oxygenated blood that is in the body to target the areas we have compressed. This is very healing for our internal organs and tendons and ligaments of our joints. In our yoga practice, Savasana is the pose which brings internal healing the body. So even when you are fighting restlessness in your body and guilt and impatience in your mind, remember how valuable this part of your practice is. "Relaxation is the single most beneficial thing you can learn to do in this world. So apply even more faith, self-determination, concentration, and patience to do Savasana." —Bikram Choudhury

- **Saturday, Dec. 24:** 10.00am only (no 8.00am class)
 - **Sunday, Dec. 25:** No Classes
 - **Monday, Dec. 26:** 5.00pm Only (no 6.30am & 7.00pm)
- ... New Year's Schedule

- **Saturday, Dec. 31:** 10.00am Class Only (no 8.00am)
- **Sunday, Jan. 1:** No Classes
- **Monday, Jan. 2:** 5.00pm & 7.00pm Class Only (no 6.30am)

New Year's Resolutions

As this wonderful Year comes to a close it is a good time to reflect on the past and create goals for the future. If a gift certificate doesn't find its way into your stocking the best gift you can gift yourself is a renewed membership. If you are hoping to get friends and family to join you in your quest for wellness, remember: sometimes you have to lead the way and let go of whether or not they will follow. After all, our New Year's Resolutions are for ourselves not those around us. They will see the benefits from your Daily Practice and be sure to follow your good example in their own time.

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! **Check your evite and RSVP**

Yoga Merchandise Makes a Great Holiday Gift

Sick of being asked the same question over and over again: *What do you want for the Holidays?*

- Shed some light on your Bikram poses and ask for Bikram's Beginning Yoga Class book by Bikram Choudhury --sold here.
- Sick of renting a mat? Tired of the balancing act of all the yoga gear you bring to the studio? Check out the variety of new bags and mats.
- You can still order Breath Yoga Wear if you are interested in adding to your yoga ensemble. 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...](#)

Savasana. —Bikram Choudhury

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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 Yoga Hampden Gift Certificate for the one you love? Acupuncture and Massage Gift Certificates also available. Please inquire at the front desk for more details.

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