

[« Back](#)[Print](#)

You are receiving this email from Bikram Yoga Hampden because you attended a class or expressed interest in receiving updates from us. To ensure that you continue to receive emails from us, add info@bikramyogahampden.com to your address book today. If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us. To no longer receive our emails, click to [unsubscribe](#).



February News

February 20, 2006

NAMASTE

In this Issue...

- Featured Pose
- Health Forum on Friday, March 10th @ 8:00 p.m.
- Referral Program
- Lost and Found
- Yoga Merchandise

Health Forum on Friday, March 10th @ 8:00 p.m.

Curious about acupuncture? Need a stimulating aromatherapy/reflexology massage? Or maybe a deep tissue orthopedic massage? Remember those Nikken magnets? Well they also have air and water purifiers now. With all the demands at work, the rushing from one event to the next, and the exercise you do to keep in shape, it's time to explore ways to balance your needs and optimize your energy with restorative treatments. That's why we're hosting a Health Forum and Discussion panel with our Wellness Staff. In order to expand your health awareness, a panelist from various fields of health: a nurse and Nikken expert, an acupuncturist, a massage therapist, and possibly others will come together on **Friday, March 10th at 8:00 p.m.** to provide more insight into personal health (after the 6:00 p.m. class). The discussion will be complemented with a demonstration period where you will be able to experience and witness the various techniques from each professional. The night will also include a Q&A period to learn from the professionals, small giveaways, refreshments, and

Featured Pose

Standing Bow *Dandayamana-Dhanurasana* Could you guess I would do this one next since I have been talking about it so much in class lately? Well, you all know the way in and out of this posture so I won't rattle on about it here. Some of the benefits you can expect to see are toning and strengthening in your abdominal wall, upper thighs and upper arms, hip and buttocks. Increased circulation of blood to the internal organs is amongst the benefits that we cannot see in the mirror. When you start *kicking* you are trying to move the right heel away from the right hip in a direct line towards the back of the room. You are using your upper thigh muscle to do this. As you kick higher and higher you are *pushing* your foot up towards the ceiling and you are using your hip and buttocks. Now you can start to bring your torso towards the floor. Check your alignment: as you see your foot coming over your head it may be pointing to the left. Try to bring it back to the right by

hors d'oeuvre. Take your personal awareness to another level and cultivate your yoga practice by joining us for the Health Forum evening. There is a limited amount of seats available for the night, and a small fee will be charged. Please sign up at the desk as soon as possible if you are interested. *More information to follow.*

Referral Program

Attention all Bikram Yoga Hampden Students!!

We have currently begun to implement the Student Referral Program. As you all may have noticed, the registration card has asked each new member where they heard about us. Well, we have been keeping track of this, and we want to thank everyone who has been spreading the word about our studio. In appreciation for the "buzz" you have created at work, school, and amongst friends and family for every 5 new students you refer to the studio, you will receive a 10% discount on your next purchase of any regularly-priced class package, yoga class gift certificate or retail item. Please inquire at the front desk as to how many people you have referred to us. *Once again, thank you for talking so highly of our studio, and keep it up!*

Lost and Found

If you've forgotten or misplaced any items while practicing at our studio, please ask the front desk if we have found them! We have numerous items that will be donated soon if they are not claimed! Thanks!

Yoga Merchandise

- Coming Soon: Yogitoes!
- Shed some light on your Bikram poses and buy [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...](#)

bringing your right hip down and forward. Is your head straight? Often the chin will be tilting over to the right. Bring your chin over your left shoulder and keep reaching for the mirror with your left fingertips and this will ton the upper arm. If you are still standing you are doing a great job. I know how hard it is to stay upright for a full minute, just remember this is great for developing concentration, patience and determination. Now as you reach forward where is your right arm? If you have really relaxed your right arm and really kicked your right leg back your right arm will have disappeared behind you. This should feel like the floor bow. Just as in floor bow you want to kick up to the ceiling. This takes strength and flexibility in the lower back. As you start to strengthen your lower back some of those muscles may be tired after you have worked hard. As you gain flexibility your back goes through some growing pains. Sometimes it feels as though we are moving backwards when we are in fact going through growth. Be patient, talk to your teachers and your fellow students. We all have been through various stages of discomfort before we reached a new level. Most of all be proud of your accomplishments, your efforts, and your determination. I am.

Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

[Check out Lenny Addoriso's Yoga T-shirts](#)

[Hampden Happenings](#)

[More About Us](#)

Join our mailing list!

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

Gift Certificates

Have a ton of Birthdays coming up? Buy a Bikram Yoga Hampden Gift Certificate for the one you love. Acupuncture and Massage Gift Certificates are also available. Please inquire at the front desk for more details.

[Forward email](#)

✉ **SafeUnsubscribe™**

This email was sent to info@bikramyogahampden.com, by info@bikramyogahampden.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Bikram Yoga Hampden | 911 W. 36th Street | Baltimore | MD | 21211