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One Year Anniversary Celebration!

Tuesday, April 25, 2006

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Join us for our One Year Anniversary Weekend!

Friday, April 28th: Take the **6pm** Class and stay after for an interactive conversation entitled *"5 Pathways to Your Health"* facilitated by fellow student, Daisy Nelson White, Ph.D.

Saturday, April 29th:

Wake-up for the 8am Yoga Class and get your 30- Day Challenge started right!

followed by the Posture Clinic at 10am.

Then join us later on in the evening at 7pm for the "Picture this: Life through a lens" photography exhibit.

If you join us for the clinic, please bring a change of clothes and a protein snack!

Featured Destination: Nevis

Nevis Retreat

Nevis, British West Indies
Just as we mentioned in January's newsletter, this little island in the British West Indies is going to be the ideal location for Bikram Yoga Hampden's first yoga retreat.

I promised updates.

Currently we are thinking of three separate dates. I want to ask all my students who are interested to tell me what dates they prefer. If there is enough interest, there will be three retreats! Here goes:

- Aug 18th-Aug 25th
- Aug 28th - Sept 4th
- Oct 7th - Oct 14th

****So please come and join us for a fabulous weekend full of health awareness and entertainment!****

Schedule Change- April 29th: 8am Class ONLY!

Due to our First Year Anniversary Celebration this weekend, there will be a slight change in Saturday's Schedule, April 29th. **8am Class only!**

Our **Posture Clinic** (only \$40 for 4 hours of postures) will *replace* the 10am class and will last until 2pm.

Looking ahead... May 29th is Memorial Day.

Due to this holiday, there will **ONLY** be a **9am class**. The 5pm and 7pm classes are **CANCELLED**.

~So practice yoga early, and enjoy the weather outside!~

One Year Anniversary ... Posture Clinic

Bikram Yoga Hampden opened its doors on April 27, 2005.

Join us to celebrate our first year in operation by taking a posture clinic with Sarah Ittmann (who celebrates her 7th year of teaching Bikram Yoga).

The clinic is this **Saturday, April 29th**.

Details...

4 hour Posture Clinic

When: Saturday, April 29th

Time: 10am to 2pm

Cost: \$40 (includes entry to the 8am class).

As you all know Sarah could talk for hours about yoga. Do not fear: this clinic is for you to ask questions, see demonstrations and deepen your understanding of the postures. We can even photograph you in a posture to help you see where you need to improve.

It may help you to do the 8am class before we start stretching into deeper understanding of the poses but it is not obligatory.

Bring lots of water and a snack for yourself or to share.

Please feel free to invite friends and family who may not have tried yoga before.

No experience required.

"Picture this: Life through a lens" April 29th, 7pm

2nd Annual Photography Exhibit 7 pm on April 29th

"Picture this: Life through a lens" For the second year in a row, Beth Blauer has coordinated this successful project for at risk teens. Bikram Yoga Hampden is excited to host this event for its second year, and look forward to seeing the photographic work of these budding talents. The event is Sponsored by the Department of Juvenile Services, the Comptrollers of Maryland, and M.I.C.A.

This is a free event open to the public, so please show your support by attending and bringing friends!

Check out [The Hermitage Plantation](#) website, such a wonderful and unique spot that you will want to call Home. Start planning for a week in paradise: Bikram yoga classes twice a day and fun filled activities. With a 3,000 ft mountain on your doorstep and a myriad of beaches to explore, this retreat will entertain and nourish any Bikram new comer or seasoned practitioner alike.

[The Hermitage Plantation](#)

Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

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

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Join our mailing list!

Photos will be for sale, and all proceeds go directly to participating youths.

30 Day Challenge!

"Practice yoga every day for 30 days and I promise you a new life!"
- Bikram Choudhury

Start the 30 day challenge together.

- **When:** April 29th @The Posture Clinic (or at the 8am class that same day)
- **What:** 30 Yoga Classes in 30 Days
- **Who:** Everyone can do this!
Remember, you have your fellow students and teachers to support you throughout this month.

You need to have a valid pass for 30 days, and it doesn't matter how you do it, but you must commit to completing 30 classes in 30 days. (i.e. double up on those days you need to)
The rewards will be felt by you in so many ways, but to encourage you and congratulate you you will also receive:

- 20% off your next retail purchase OR class package
- 5 Class Card Gift Certificate (worth \$70)

Do you dare to join us?

The Challenge starts April 29th and is open to everybody!

Register at reception to get your list of Challenge Rules, put your name down and get a copy of the guidelines.

Are you ready to challenge yourself?

5 Pathways to a Healthy Life Conversation

Kick-start the One Year Anniversary weekend for Bikram Yoga Hampden by joining us for the 6pm Class on **Friday, April 28**. Stay later for an interactive conversation with fellow student Daisy Nelson White, Ph.D. to learn how to create a "new you" in only 90 days.

Bring friends and come to this wonderful night to both *learn* and *share* your health practices with others.

Yoga Merchandise: Bikram Yoga Hampden T-Shirts

Wear a Bikram Yoga Hampden T-Shirt and be proud!

Check out our new line of Bikram Yoga Hampden T- shirts with the Baltimore skyline. We even have a cute and comfortable hoodie to wear after you get out of class or even when you are finishing up a long day at the pool or the beach.

T-shirts are \$19.50 and Hoodies are \$29.50,

so purchase your shirt at reception now! Please inquire at the front desk for more information.

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.

Lost and Found

Throughout the months, we have acquired several items in our lost and found. Please claim what is yours! All leftover items will be donated on May 1st to a local charity.

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