

[« 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](mailto: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](#).



# Bikram Yoga HAMPDEN Wellness Center

## Summer News

July 20, 2006

### NAMASTE

These summer months bring a sense of **freedom** and **relaxation**. Even for those of you who no longer set your annual clocks to the first school bell in the fall there will always be a sense of vacation in the summer. The longer days, the warmer nights, also the early cool mornings are special times of day which we all want to take advantage of.

If you find yourself stirring at dawn **why not come to yoga** and start your day in a new way? Give yourself those extra hours in the evening to enjoy the daylight hours: work in your garden, play with your kids, organize a picnic dinner in a park. Best of all when you get your yoga practice done in the morning you have that serene and smug feeling all day, a knowing smile that others may not recognize. It says ***"I've already done my yoga today."***

## In this Issue...

- Reflections
- Schedule Change
- New Teachers
- Karma Classes
- New Website coming soon

### Schedule Change

- For the Bikram Yoga classes, we are **adding a Friday class at 4 p.m.** and saying *good bye to the Sunday Noon classes!*
- **\*NEW!\*** to Bikram Hampden Wellness: **Qi Gong Classes**:

### Reflections



*We are all musicians practicing together*

### Our Practice

Every day we show up to class **carrying our instruments with us**. It is the same instrument with which we took our first steps and our first falls. This same instrument that will carry us through life until we take our last breaths.

Well, some of you may have heard me say this before but *these instruments are our bodies* and they need, *deserve even*, fine tuning and close attention in order

Monday 7 a.m., Wednesday 6 p.m. and Thursday Noon

- **Stress Management Class** with Brianna Bedigian: Tuesday at 6:45 p.m.
- **Coming this fall:** Sunday afternoon Bikram Yoga class!

## New Teachers

### We welcome Chris Totaro and Debbie Weitzel!!

Chris Totaro and Deb Weitzel recently completed the Bikram Yoga Training in Los Angeles at the Bikram Yoga College of India Headquarters. Join me in welcoming them to our studio and feel free to ask them all about the training especially those of you interested in becoming Bikram Teachers. Please remember to **honor these teachers** and listen carefully to new insights they are shedding onto your practice.

## Karma Classes



We now have **Karma Class**, which is scheduled on

**Wednesday at 5 p.m.**  
**\$5 recommended donation**

This coming month all proceeds from our new **Karma Class** will go to the [House of Ruth](#), an organization in the Baltimore and Washington D.C. area that has helped women for over 30

years.

## New Website coming soon

- Coming Soon: New Website!
- Web Designer Jason Rosenberg is putting the finishing touches on our new website. We are pretty excited about the changes and hope you will be too!  
In hopes of collecting more photographs for the photo gallery, any experienced photographers with their own digital equipment interested in taking photographs of students in practice please contact Sarah.
- We are also looking for students interested in **trading services for classes** (graphics, handyman, cleaning, advertising...). Please contact Sarah for a form to fill out if you wish to apply.

deserve even, fine tuning and close attention in order to improve and grow in our practice.

If you are practicing in the class room **you are choosing to play the same song** that the person next to you is playing. You know the notes, the beats and when to pause for breath. **Move together** through the direction of the teacher just as you would sing a song, say a prayer or play a tune. The same sequence everyday every time ensures that **you know what comes next.**

This being the case, with the *predictability* of it all we have a **rare opportunity to pay close attention** to what is really going on. Sometimes that may be internally in different parts of your bodies, or perhaps in your thoughts. Please allow this attention to **deepen** your practice not distract you from it.

As we have the opportunity to let other teachers lead our practice remember to follow their rhythm and their patterns. They are now the conductor and *as a class we make up the orchestra*. You may know the words to the song, but remember to **move in time with the music.**

## Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

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

[Hampden Happenings](#)

[More About Us](#)

[House of Ruth](#)

## Join our mailing list!



email: [info@bikramyogahampden.com](mailto: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](mailto:info@bikramyogahampden.com), by [info@bikramyogahampden.com](mailto: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