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The logo features a stylized blue flower icon with four petals to the left of the text. The text "Bikram Yoga" is in a large, brown, serif font. Below it, "HAMPDEN" is in a smaller, bold, brown, sans-serif font. At the bottom, "Wellness Center" is written in a light blue, cursive script font.

Bikram Yoga HAMPDEN Wellness Center

September Newsletter

September 2006

NAMASTE

Welcome, if you are new to the studio. Welcome Back, if you have been on vacation.

Change is as inevitable as the sun rising and setting. That crisp, cool air means the seasons are changing and for many of us it also means we are moving into a new phase.

Incorporate Bikram Yoga into your weekly routine and ease your way into the fall while maintaining the joy of summer.

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Karma Classes.. What a great turn out!

The House of Ruth Karma Classes have had a very successful turn out. For 4 consecutive weeks we have had over 20 students per class. To date we have generated **\$420!** We will continue to donate the proceeds of Karma Classes to The House of Ruth until we have raised \$1,000

Not only was the first class one of our largest of the summer we also witnessed students achieving exciting accomplishments: **Tina Yu** touched her forehead to her toes in Paschimotthanasana. This week **Rachel Warren** has reached an all time high in the standing bow pulling pose: splits in the air!! Her legs are so long she just

Back to School

Join us Friday, Wednesday, September 13th after the 7pm class for a Back to School gathering.

Student special: Sign up anytime in September 2006 for a 6 month class (\$750) and receive an 8 month membership!!!

New to Baltimore?

Starting grad school in the area? Join us, meet some locals who already know where the best sushi restaurant is and can draw you a map to their favorite bike trails.

Say hello to new teachers **Chris Totaro** and **Debbie Wietzel**.

Saddest news of all: we will be saying goodbye to Jen. How could I have made it thru this first year

might be responsible for the lights being out.

Please continue to join us for **Karma Classes** on Wednesdays at 5 p.m., minimum **\$5 donation** requested. Remind your friends and loved ones how we can take care of our bodies and give to our communities at the same time.

It's your turn to step up!

Way to go everyone for making it through the **HOT** stretch of the summer! As fall approaches and the classroom fills up *please* move forward and take a spot in the **front row near the mirrors**.

Show the new students –and the *returning students* who have been on vacation how it's done. Remember you are setting an example and are encouraged to practice stillness in between postures.

Hampden Represents in L.A.!!

The next teacher training will have some Hampden representation – it is my honor to see **Curt Tomczyc** and **Dave Kiser** both head west to LA for the 9 week intensive starting Sept. 17th. Join me in saying *good bye* and *good luck* to the teacher trainees on Wednesday, September 17th after the 7pm class!

Dogwood Deli...YUM!

Dogwood deli is **NOW OPEN!**

Stop in after class for lunch or dinner, after Labor Day they will be serving up delicious breakfasts for the early morning yogis!

For the true health nut, they are also making wheat grass, carrot juices and many other organic wonder potions!

STUDENT SPECIAL!!! 8 months for the price of 6!

and half without her? I don't even want to torture myself with those thoughts. Jen, I know you will love being in Newport and we all know who your first house guest will be.

"Chris can you teach for me?"

Good Luck Jen, say Hi to all those sailors for me!

Come say good-bye to a few special students: **Curt Tomczyk** and **Dave Kiser** leave for Teacher Training in LA.

Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

[The Hermitage Plantation](#)

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