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Bikram Yoga

HAMPDEN

Wellness Center

Yogis and Yoginis!

March 13, 2008

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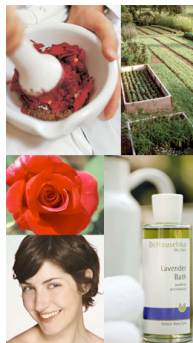
I hope you are all feeling great from the extra yoga you have been making time for in your life. I am so inspired by your added dedication this month. Congratulations to Abby Aldrich who completed her 60 day challenge and then went straight into the 30 day 'Karma is Action' Challenge.

In this Issue...

- Celebration: Sunday, March 30th at 6pm
- Spring News from ONE -the Wellness Spa!
- Clothing Swap!
- Student Testimonials = Inspirational!

Spring News from ONE -the Wellness Spa!

**The Spa is bursting with new services. Now available: European Facial and waxing with Kristy Brocato. Manicures with Emily Wyatt (pedicures coming soon!)
Book your appointment today!**



We are very excited to announce that we will be to be the **ONLY Premiere Authorized Dr. Hauschka Treatment Center in Baltimore!** Offering Dr. Hauschka Skin Care Services in our Spa because we believe that this is the most holistic line out there. The Dr. Hauschka product line will be available for sale soon. We will be offering body and facial waxing and Signature Dr. Hauschka as well as European Facials.

Celebration: Sunday, March 30th at 6pm



Join us Sunday March 30th After the 4pm class:
Come celebrate OUR accomplishments.

It's not too late to participate:

For those of you have working on the 30 day Karma is Action, congratulations. For those of you who have sponsored a fellow yogi in their pursuits: Thank You.

Call to schedule your FREE skin consultation with our Esthetician Kristy.

Dr. Hauschka pedicures to be offered April - We will carry and use SpaRitual Polish in our treatments which has Vegan ingredients and plant essences that are wildcrafted OR organic. The formulations are naturally colored and free of synthetic dyes.

Contact our staff for details and to make an appointment with our Manicurist Emily.

I hope that more and more of you have met our massage team. They are the lovely women in black! Our latest addition is **Theresa Columbus!** If you have taken a yoga during the past few weekends you will have met this wonderful new team member.

As always, feel free to ask the massage therapists questions about massage and how it can support the physical changes that the yoga is generating.

We hope to see you enjoying our beautiful new space and the services of our talented therapists soon!

Clothing Swap!



"Free your clothes; and the rest will follow!"

Friday, March 28 after the 6pm class. With the change of season, the change of body, and the need for a change of wardrobe - what better excuse for a party?

Please join us for our first ever **Bikram Yoga clothing swap**. I know of no better changing rooms and there is no shortage of full length mirrors here -so what are you waiting for? Get those old clothes you are sick of seeing into a give away bag - and come join us for a fun and free-ing night. Please bring any clothing, shoes, accessories in good condition and clean. You never know: one person's trash is another's treasure -so come and have some fun and leave with some new clothes! Bring a snack or a beverage to share. We are looking for a few volunteers to help haul away anything that does not go to a new home to The House of Ruth or Goodwill.

Student Testimonials = Inspirational!

The Raffle was won by our lovely Kin Ford -who then added a very generous donation to the Regional Champions' Funds. Thanks Kim! Below she shares her journey with us; I am sure you will find it as inspiring as I.

I can't believe it has been one year since I started practicing **Bikram Yoga**. What a difference a year makes! It took a full year for two of my friends to convince me to try it, and I can't thank

Remember Karma is action and action takes many forms. If you have not joined in the 'challenge' you can easily be part of the action. Why not pick any of the names on the board and offer them 50 cents a class or whatever you can afford? This can also become a fun way to meet new friends that you see several times a week.

Go Surfing...

[Bikram Yoga Headquarters and Class Finder](#)

[Go For Change -Julie Gabrielli yogini and green architect](#)

[Tai Sophia -Sarah's M.A. Program](#)

[Dr. Hauschka -Our new facial line](#)

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[Karma Is Action -learn more](#)

[Resort at Squaw Creek -Where Karma leads!](#)

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them enough. When they first told me about it I thought they were crazy. Exercise in 110 degree heat? Were they insane? I don't even like it when it's above 75 degrees outside. But I was feeling so poorly due to knee and back problems I knew I had to do something.

I had always been athletic and stayed in pretty good shape. I played several sports and ran until I developed knee problems. I was told by two orthopedic surgeons that I would need knee surgery when the pain became too intense. Eventually it got so bad that it kept me up at night. As a result I stopped exercising and started gaining weight.

I was also having a lot of pain in my neck and back. As a dentist, I often work in an uncomfortable position, hunched forward over my patients. Last year I started waking up at night with numbness in my arm and fingers, and I became frightened that my career was in jeopardy. It didn't help that "bad bones" run in my family. My father has had surgery on his spine twice, and both of my sisters had back surgery in their twenties. I figured I was destined for spinal surgery too.

The last straw was when I had to buy new jeans to wear out for my birthday because I couldn't fit into any of my clothes. At 178 pounds and unable to sleep due to pain, I was miserable. I finally decided to give this yoga thing a try. Although when I started I couldn't even touch my toes, I realized the benefits almost immediately. Within two weeks my knees stopped hurting. As I gained strength and flexibility everyday tasks became easier. At the end of my work day my back no longer ached and the numbness in my arm disappeared. I started sleeping better. Suddenly I noticed I had to buy new clothes again, because everything I owned was too big! In six months I lost 40 pounds and I have continued to maintain a healthy weight.

As I continue to practice I feel stronger physically and mentally. Unlike other exercise programs I have tried, I actually look forward to going to class. I am always excited to see what my next "break through" will be. Sometimes I have a string of little ones, and sometimes none for a long time and then one big one. I have some good classes and some not so good. But each day I come to class I know it will make the rest of my life better.

I am grateful to my friends for introducing me to Bikram yoga, and thankful that I found such a wonderful and supportive place to practice. It may sound corny but it truly has been a life-changing experience. And it is true what the instructors say... the more you practice, the easier it gets and the more benefits you will receive.

I hope to see you all in class!
Kim Ford

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