

# It's the Hot Stuff of Werribee: BIKRAM YOGA

Walking into a Bikram Yoga studio for the first time, one can't help but notice the heat. No, the studio director isn't trying to scrimp on air conditioning, in fact the temperatures has been carefully adjusted to achieve a cosy 39 degrees celcius with 40% humidity. These are the ideal conditions to practice Bikram Yoga.

Bikram Yoga, by definition, is a series of 26 beginner's Hatha yoga postures and two breathing exercises, practiced in a room heated to a minimum of 39 degrees Celsius and 40% humidity. Each session is strictly set to 90 minutes. The heat allows muscles to warm up quickly, enabling deeper stretching with less chance of injury. The repetitive nature of the practice makes it easy for anyone to gauge their own body's improvement through regular practice. Please be foretold that, you are going to sweat. Profusely. Sweat helps remove harmful toxins from your body. Your body and state of mind will be transformed.

The Bikram method is extremely sound, effective, and innovative. That is why the Bikram method is 'Often imitated, NEVER duplicated!'

Bikram yoga has it's origins in India, and was founded by a man from Calcutta named Bikram Choudhury. U.S. President Richard Nixon suffered from an illness called thrombophlebitis (repeated blood clotting). The President learned of Bikram and his healing practice and demanded to meet with

him. Bikram's yoga cured him within a week. Nixon offered his healer a U.S. Green card. And the rest, as they say, is history.



Bikram International Headquarters maintains its original location in LA, but has accredited Bikram yoga method studios worldwide. Bikram Yoga Werribee is the only affiliated Bikram yoga Studio in Melbourne's western suburbs. Bikram yoga Werribee's studio owner Shaan Lim and all of her teachers are fully certified Bikram Yoga instructors who spent 9 weeks immersed in the intensive Bikram Yoga Teacher Training with Yoga Masters Bikram and Rajashree Choudhury and their staff of senior teachers. "They did 2 classes a day, plus anatomical studies and posture clinics 6 days a week, for 9 weeks. The course is the only way to become a qualified Bikram Yoga instructor."



1st Floor, 99 Watton St, Werribee 3030 VIC

Tel: 03 9004 5282

[www.bikramyogawerribee.com.au](http://www.bikramyogawerribee.com.au)