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Rajashree's Newsletter / July 2011



At Home

Dear Bikram,

Hello my dear family, it is a long time since you have heard from me. Don't think that I forgot you--you are always in my heart and part of my life. I needed a little break at the end of my Garahasthya (Family Life).

I started my summer celebrating Anurag's graduation. I can't believe that both of my kids are now off to college so I have so much free time that I started thinking how to celebrate my Banaprasthya (Non-Attachment) stage of life.

It was wonderful to celebrate Emmy's Birthday on the fourth of July at my home with all of the teachers from headquarters. Emmy was lovely and ageless as usual!



Travels

I had a beautiful trip to Europe visiting Vienna and Budapest. In Vienna we held a very successful Bishnu Ghosh fundraiser and it was heartening to see all the studios working together and all of the teachers participating. We also had a teachers dinner in Budapest, a remarkable, magical place. I loved it so much that I will be returning in April for a seminar there.





Seminars

[A Teacher's guide to Rajashree's Pregnancy Yoga Kripalu September 8-11, 2011](#)

Come join me for the first ever
Pregnancy Yoga seminar!

[September 17, 2011 New York,
NY](#)

Seminar and Recertification

[November 11-13, 2011 Dallas,
TX](#)

Women's Retreat and
Recertification with Rajashree
and Emmy Cleaves

[Self-Empowerment and Bikram
Yoga Kripalu Jan 19-22, 2012](#)

Seminar and Recertification

[March 17, 2012 Thailand](#)
Seminar and Recertification

[April 28, 2012 Budapest,
Hungary](#)

Seminar and Recertification

[May 5, 2012 Stockholm, Sweden](#)

As soon as I returned home I was off to Yosemite with my Mom and the kids for a nature trail adventure. It was my first time on horseback and I really enjoyed myself. I have always loved horses but when faced with Lucky, all seventeen hands of him, I was not so sure he was going to be "lucky" for me! But I followed Laju's instruction--to love whatever I do--and I clung to my innate love of horses despite my fear. I was one with the horse and we both had a really good time.



Banaprasthya

The love of my life is yoga; my yoga, your yoga, our yoga--
a celebration of life!

I'm sure your studios are heating up with new comers, new challenges, and new ideas. The best way to guide beginners is to accept them the way they are. Teach them to approach yoga without expectations. Do not guide them too much, but allow them to follow the practice. Just ask them to keep an open mind.

Practicing as a beginner is just like experiencing anything new in life; everything unfolds with time and devotion. You will find a new way in your own time and everything around you will change. You will find the right way and the wrong way or maybe you will find that nothing is wrong but that everything is right. The realization that all experience is positive should be the purpose of yoga for beginners.

Now I am back again in the daily routine of my life--traveling around the world to teach yoga, to share my story, and to listen to your stories--that is the passion of my new Banaprasthya life. Unconditionally enjoy life. Don't let emotion weigh you down. In this new stage of my life the spirit moves above the day to day emotions of family life to a new freer, more universal existence. For those of you who are at the same life stage, welcome this as a positive phase of life. Don't look back on the past with regret, or think of what is passing away from your life--look forward to the future and have a good time!

Seminar and Recertification

New Studios

Additions to our Yoga Family

International:

Bikram Yoga Squamish, BC
Canada Jena Steele
Bikram Yoga East York, ON
Canada Andrew Moniz
Bikram Yoga Oakville, ON
Canada Dann Thew
Bikram Yoga Ottawa, ON
Canada Claire Cameron
Bikram Yoga Interlomas, Mexico
City, Mexico Sarah Berger
Bikram Yoga Alabang ,
Philippines Ginger Diaz
Namaste Bikram Yoga,
Singapore Clancy Marschner
& Bronwyn Ayres-Munro
Bikram Yoga Liege,
Belgium Christian
Scaraglino & Gwen Gauvin-David
Bikram Yoga Ceske Budejovice ,
Czech Republic Petra Maskova
Bikram yoga Schwabing,
Germany Feroze Khan
Bikram Yoga Riga,
Latvia Janis
Bazevics
Bikram Yoga Basel,
Switzerland Feroze Khan
Bikram Yoga Wollongong, NSW,
Australia Brian & Claudia
King

Love & Peace,

Rajashree

US:

Bikram Yoga Mobile, AL Lucille Allen Moran
Bikram Yoga Mountain View, CA Cynthia Wehr
Bikram Yoga Plesanton, CA Aiko Nakasone
and Troy Myers
Sacramento Bikram Yoga, CA Julie Havelock
Bikram Yoga La Mesa, CA Anthony Burkart
Bikram Yoga Ridgefield, CT Maritza Johnson
Bikram Yoga Radiance of San Marco, FL Margo Wyckoff
Bikram Yoga Brickell, FL Christina Arambarri
Bikram Yoga South Loop, IL Maura Spiegel
Bikram Yoga Bethesda, MD Adam Pearlstein and
John Kramer Jennifer Barrett & Ian
Bikram Yoga Troy, MI O'Laughlin
Bikram Yoga Princeton, NJ Deepak Bhardwaj &
Kinsley Ovali
Bikram Yoga Arlington, TX Stacey Stier
Bikram Yoga Missouri City, TX Danielle Pratt
Bikram Yoga Arlington, VA James Corbett



Quick Links

**Write me to share your
stories or just to
chat: Rajashree@bikramyoga.com**

**I am scheduling my 2012
seminars.
Email: Ainslie@bikramyoga.com if
you are interested.**



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Bikram's Yoga College of India | 11550 W. Olympic Blvd. | Suite 150 | Los Angeles | CA | 90064