

**Dear Bikram,**

Here we are in the middle of summer. I'm sure everyone is enjoying their time with family and their time teaching or taking hot yoga in hot weather. I am planning my summer travel to Australia and India where the weather will be quite different. In Australia it is winter and in India monsoon season. Anurag, my son, who will be a senior this year, will be traveling with me.

We have moved the teacher training to San Diego. It will be nice once again, to have it closer to headquarters. If you have not seen our new headquarters, please come and visit to reconnect with us.

We have many new studios opening all over the world:

Bikram Yoga Northwest, Calgary, AB Canada Cheryl Grivell  
Bikram Yoga Calgary Marda Loop, Calgary AB Canada D. Hannah Park  
Bikram Yoga Mexico - Metepec , Mexico City, Mexico Adrian Alarcon & Ulises Caltayud  
Bikram Yoga Satelite, Mexico City, Mexico Jose Javier Perez Martin & Roberto Munoz  
Bikram Yoga Condesa, Mexico City, Mexico Marcela Ferrer and Adriana Ferrer  
Bikram Yoga Korea, Seoul, South Korea Cristy Chang  
Bikram Yoga Ostrava, Ostrava, Czech Republic Andrea Greiner  
Bikram Yoga Copenhagen Copenhagen, Denmark Trine Sondergaard & Mine Taylan  
Bikram Yoga The Gabba, East Brisbane, QLD, Australia Madeline Blackman & Benn Lees  
Bikram Yoga Southport, Southport, QLD Karen Luckman & Giselle Brown  
Bikram Yoga Bayside, Melbourne, VIC, Australia Marcelle Dwyer  
Bikram Yoga Joondalup, Perth, Australia Jo Harvey  
Bikram Yoga Scarborough Beach, Perth, Australia Stuart Wright  
Bikram Yoga South, Perth, Australia Jenny Sterpini  
Bikram Yoga Botany, Auckland, New Zealand Ellen Adoko  
Bikram Yoga Dunedin, Dunedin, New Zealand Donna Wikio  
Bikram Yoga Napier, Napier, New Zealand Kristina Anderson  
Bikram Yoga Moscow, Moscow Russia Olga Shurygina

Congratulations and good luck with your studios!

Please visit the [recertification page](#) of the website if you haven't done so already. You have lots of opportunities, not only the [recertification seminar](#), held in San Diego on October 29th & 30th, but also Bikram's [advanced seminar](#) or any of my seminars listed below. Please visit the [seminar's page](#) of the website for updates and details.

My upcoming seminars:

August 7th [Sydney](#)  
August 8th [Brisbane](#)  
September 11th [Sacramento](#)  
September 25th [San Antonio](#)  
October 2nd [Phoenix](#)  
October 23rd [Madrid](#)  
November 5th - 7th [Florida Woman's Retreat](#)

The Woman's Retreat this year will focus in depth on women's health issues at different stages of life. Join us for a rejuvenating weekend to recharge for the holidays. Take the time to get away from all of your obligations and celebrate womanhood.

In practicing yoga we learn to relax, be positive, and act calmly so that we are prepared to find love and happiness. We also learn to lose our fear of speaking the truth and when to speak and when to remain silent. Sometimes it is better to maintain your silence and wait for the difficult time to pass, rather than to speak out. The practice of yoga begins within yourself, please keep this truth in your heart.

Love & Peace,

*Rajashree*

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