



BIKRAM YOGA SUMMER 2007 NEWSLETTER

Hello Everyone,

Summer has arrived! The kids are out of school, and people are vacationing and reenergizing themselves for the coming year. It is a wonderful time to connect with our global community. Our current champions Cynthia Wehr, and Ky Ha, along with Antonia from World headquarters and Feroz Khan from Brussels, are visiting Portugal this weekend to represent Bikram yoga at the III European Yoga Federation conference.

Teacher training has relocated to Hawaii and the move is even more successful than anyone could have anticipated. Everyone loves swimming in the ocean after class and living right on the premises. No one misses the LA traffic or the long drives to the housing.

Our outstanding new volunteer staff in Hawaii includes: Luke from New York, Julia from Montana, Rowena from Australia, and Mira from Florida. Joining them were our returning volunteer, Kyoko from Japan, and our amazing Antonia and Craig. I was a little nervous to have the training move from my back yard in LA, but I visited several times and stayed in close contact with the staff.

We are very happy that everyone likes to be in Hawaii. A big thank you to all the teachers who visited to help with teacher training, this was the largest group of visiting teachers ever. All of our staff wants to live in Hawaii now. Next year the training will remain there. The advanced seminar in Hawaii from August 18th through 25th will be a wonderful opportunity to connect with Bikram and myself.

Is everyone getting ready for the championships? This year is very exciting as we have added a children's category as the first step in our ongoing project to include yoga in the Olympics. Lynn Whitlow has volunteered her time and energy and she is doing a great job of coordinating the regional and international championships. Teachers and studio owners should encourage students to participate in the championships. I will need everybody's cooperation, love and blessings to make the Fifth Annual International Yoga Asana Championship's Bishnu Charan Ghosh Cup the most magnificent ever. We are working with a close group of people to correct any mistakes we may have made in the past and to reshape this event into a celebration of life and spirit.

Our yoga community is getting larger. Throughout the world new studios are opening up: Our second studio in Sweden is open in Malmo(Mine Taylan), with the third studio in that country opening in Stockholm(Angelica Majoros). Our second Italian studio is opening soon in Pordenone, Italy(Nicola De Simone), outside of Venice. Our third studio in the Philippines will be opening in San Juan/ Manila(Al Galang).

Two more studios in London, England: Southwark (Nigel Gerald & Karen Gepp) and Soho(Bill Thwaites).Two new studio as well in Toronto (Janice Guertin/ Vesna Jarevice &Seema Mistry), Canada have been approved

In the New York area, the 72nd street studio (Donna Rubin & Jen Lobo) has just re-opened in a new location down the street from the original; the new studio in the Fulton Street/Wall Street (Troy and Aiko Myers) will soon be open.

And just outside Manhattan, new locations will be opening this year in Palisades Park(Eune Park), New Jersey, and Chestnut Ridge, New York (Natalie Surie).

Montreal (Mandi Hooper) will soon have its second studio; and the second studio in Ireland will be opening later this year in Belfast(Erin and Eric Landry).

Other cities welcoming Bikram yoga will be:

Byron Bay, Australia(Norma Strang),

Lexington, Kentucky(Sheila Bell),

Eastlake/ Bonita, California(Sonia Perez)

San Bernadino, California(Diedre Dargan)

Richardson, Texas(Yasmine Maige)

Stowe, Vermont(Stephanie Reese)

Henderson, Nevada (Stephanie Dixon & Stacey Shea)

Westboro, Massachusetts(Sam Goldman)

Plainfield, Illinois(Kris Cesta)

Concord, New Hampshire(HeatherDeAngelis & Pubali Campbell)

Columbia Marlyalnd(Kat Kelley-Chung)

and

Manchester, England(David Marshalsea).

We have a special announcement that the studio in Oldham County, Kentucky needs a teacher immediately! Please contact: Kristen Olsen 502-243-8468.


Headquarters in LA is doing fine. Of course, we miss the teacher training and all the visiting teachers, but we are staying strong. Please don't forget to visit us at headquarters still as well as Hawaii. As you know recertification in LA was combined with the advanced seminar in Hawaii this year. Please sign up soon, as space is limited, and Bikram wants to make sure that everyone is recertified.

Bikram's book has great reviews. Anyone who reads it will comprehend the inner meaning of Bikram Yoga. And thank you for showing support for my Kavita CD. Please share it with everyone you love.

Remember to visit our website at least once a week—it's how we communicate with you. At least check out the home page. All of my upcoming events are soon to be listed. If you are interested in hosting an event with me Please contact Ainslie Faust:

Ainslie@bikramyoga.com . For yoga therapy questions contact me at

Rajashree@bikramyoga.com .



Respect, integrity, loyalty, and service are the foundations of our yoga community and of our lives. Take time each day to slow down, as you do when you embark on your summer vacations, and think about what is really important to you.

As Thich Nhat Hanh says: “If we are too busy, if we are carried away every day by our projects, our uncertainty, our craving, how can we have the time to stop and look deeply into the situation-our own situation, the situation of our beloved one, the situation of our family and of our community, and the situation of our nation and of the other nations?”

Best wishes,
Rajashree