



HAPPY HOLIDAYS!

Hi Everyone!

It's been a long time since I have written to you, but I think about my yoga family all the time. As you all know, I have entered what they call in this country "the empty nest" stage with both of my children out of the house and attending college. This gave me a long-awaited opportunity to return to my birthplace for the month of Durga Puja.





For the first time in 25 years, I spent the whole month of the puja in India. I traveled all over visiting Varanasi, Shridi (Sai Baba), attending the second school opening in Mumbai, and visiting the school in Pune, where I realized a life-long dream of meeting Guruji, B.K.S. Iyengar.

I had such a wonderful time that it almost seemed unreal--it seemed like a dream.



Here is the tree where Buddha was enlightened surrounded by his five disciples.

I think because I went without expectations or plans, every day brought me the best possible experience. This was also the first time I have been away from the Teacher Training for so long. I felt very sad before I left with my two kids gone and I wanted to find fulfillment, to fill up the empty nest!



Ganges in Varanasi at dawn.



The bank of the Hardwar Ganges awaiting the Aarti ceremony.

My trip showed me that we can all enjoy our lives. When you think your world is ending you find it is really just beginning. India is a wonderful life teacher. She shows you how small all of your problems are, despite the incredible difficulties and struggles of daily life, she has the beauty and strength to uplift your soul with a mind-altering spirituality and happiness.



Sarnath where the Buddha preached his first sermon
in the Deer Park



The lineage of Bishnu Ghosh: Lahiri Mahasaya
When I was a girl I could not wait to leave India. Now
that I am an adult, I cannot wait to go back.

My Upcoming Seminars:

Kripalu: January 19 - 22, 2012

Thailand: March 17, 2012

Budapest: April 28, 2012

Stockholm: May 05, 2012

Kripalu Pregnancy: September 21 - 23, 2012

Philadelphia: September 29, 2012

Rome: October 20, 2012

Women's Retreat Austin: TBA

The first ever Pregnancy seminar was a great success. A special thank you to Dr. Doreen Wiggins, whose expertise and warmth made it a truly enlightening and educational experience for us all. I look forward to doing it with her again.

next year. And a special thank you to Mary Ann Nassa, for all of her hard work writing the manual and organizing the seminar.

And the woman's retreat, as always, was amazing. We spiced things up this year with a little cooking and with a stunning panel of medical experts for women's health issues.

NEW STUDIOS

USA

Bikram Yoga Peoria, AZ
Bikram Yoga Aptos, CA
Bikram Yoga Huntington Beach, CA
Bikram Yoga Athens, GA
Bikram Yoga Cincinnati, OH
Bikram Yoga Cleveland, OH
Bikram Yoga Katy, TX
Bikram Yoga Tyler, TX
Bikram Yoga Tysons Corner, VA

Ben Tosuner
Nicole Duke
Donna Antonelli
Jolin Conine
Chelsea Ferrie
Jeannine LoConti
Holly Hope
Rachel Hudson
Insel Metin

International

Bikram Yoga St. Albert, AB Canada
Bikram Yoga Rio de Janeiro, Brazil
India - Bandra
Bikram Yoga Sandefjord, Norway
Bikram Yoga Istanbul, Turkey
Bridge, UK **Olga Allon**

Melissa Dechaine
Yuri Scott Bikram's Yoga College of
Inger Marie Skaarslette
Ayse Erenel Bikram Yoga London

To all the Bikram yoga teachers and studio owners around the world, I honor, appreciate, and thank you; it is because of you that Bikram yoga is such a success. I wish good health and prosperity in the New Year for you and for all of your students.

Love & Peace,

Rajashree