

Bikram Bulletin: November-December, 2004

From Bikram's Yoga College of India, Maryland

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Yoga for the Holidays

"No regrets." If that's what you want to say on January 1st, 2005, then make time for Bikram Yoga on a regular basis from now until the end of the year. This year let your healthy lifestyle enhance your holiday experience. Here are three of the most important benefits of yoga during the holiday season:

- Stress relief. Even if your budget is under control and your schedule isn't too overcrowded, the holidays can lead to sensory overload, which creates stress on your mind and body. Yoga helps you to release that stress and restore harmony to your body, mind, and spirit.
- Appetite control. Regular yoga helps curb your appetite and control unhealthy cravings. If you're making the rounds of holiday parties, yoga will help you to resist the urge to overindulge.
- Detox. Whether you have one drink or one too many, yoga helps eliminate alcohol's toxins from your body more rapidly and restores your body's natural balance more quickly.

We've come to expect a crowded schedule in December. Between parties, special holiday events, and extra shopping and cooking, there's less downtime than ever. Often our regular workouts are the first thing to go. Here are four tips to stay on track:

- Write it down. Writing it on your calendar reinforces the commitment to yourself.
- Bring a friend. Hold each other accountable. Don't let each other off the hook.
- Since weekend classes are in the morning, go to class before you hit the shopping mall. You'll be energized and ready to tackle your shopping list after a rejuvenating yoga class.
- Enlist your family's support. Let them know how important yoga is to you, and ask for their help in getting holiday tasks done so that you can enjoy the holidays as much as they do.

At this time of year especially, it's easy to neglect our own needs while we're doing for others. Be kind to yourself. Take the time to care for your body, mind, and spirit, and you'll have a richer, more enjoyable holiday season.

SPECIAL OFFER

Attend 10 classes between November 25th (Thanksgiving Day, and yes, we'll be open) and December 31st and get \$25 off your next membership purchase.

Gift Ideas for Yoga Lovers

It can be tough to know what to get some people for holiday gifts, but not Bikram yoga practitioners! We're easy to buy for. Here's a list of our top six picks for this year's gift list. Just print it out and leave it where your loved ones will find it and take the hint. Our picks make for maximum shopping convenience. You can pick up some of these gifts at the studio the next time you attend class; the others you can find online.

1. ***Bikram's Beginning Yoga Class book***, just \$18, is available at the studio. It's a great reference for at-home workouts, or to give to someone with whom you want to share your yoga habit.
2. Yoga classes are a necessity *and* a luxury; that's why they make the perfect gift. **Gift certificates** for classes in the Crofton studio can be purchased at the studio during normal studio hours. They're available in any amount.
3. **The Skidless Towel** by Yogitoes, \$49.95, is a must-have accessory. Its thirsty microfiber absorbs moisture and its nubby texture prevents slipping. You can purchase this item online at: [link inserted].
4. The **Journey Bag** by Hugger Mugger, \$34.95, accommodates your yoga mat and everything else you need to tote along. What sets this bag apart from all the rest? It's the special bottom compartment made just for your mat, the separate outside pockets for cell phone and water bottle, and the roomy interior compartment for everything else. Shop online here: [link inserted].
5. What good are the holidays without a bit of sparkle? Browse the collection of **yoga-inspired jewelry**, \$25 and up, at Sananda Spiritual Center online [link inserted].

6. If this is the year for a big splurge, how about **a trip to Kripalu Center** in the Berkshire Mountains of Massachusetts for the **Bikram Yoga Clinic**? The 3-night program begins December 9th, and the 5-night program begins February 27th. For more information, go to: [link inserted].

Holiday Class Schedule

Through the holiday season, all classes will proceed according to schedule, except for the following dates. See the schedule, below.

Thanksgiving Day, November 25th 10am
Christmas Eve, Friday December 24th 10am
Christmas Day, Saturday December 25th no classes
New Year's Eve, Friday December 31st 10am
New Year's Day, Saturday January 1st no classes

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