

SOME LIKE IT HOT

A BEGINNER'S GUIDE TO BIKRAM YOGA STYLE AND ETIQUETTE

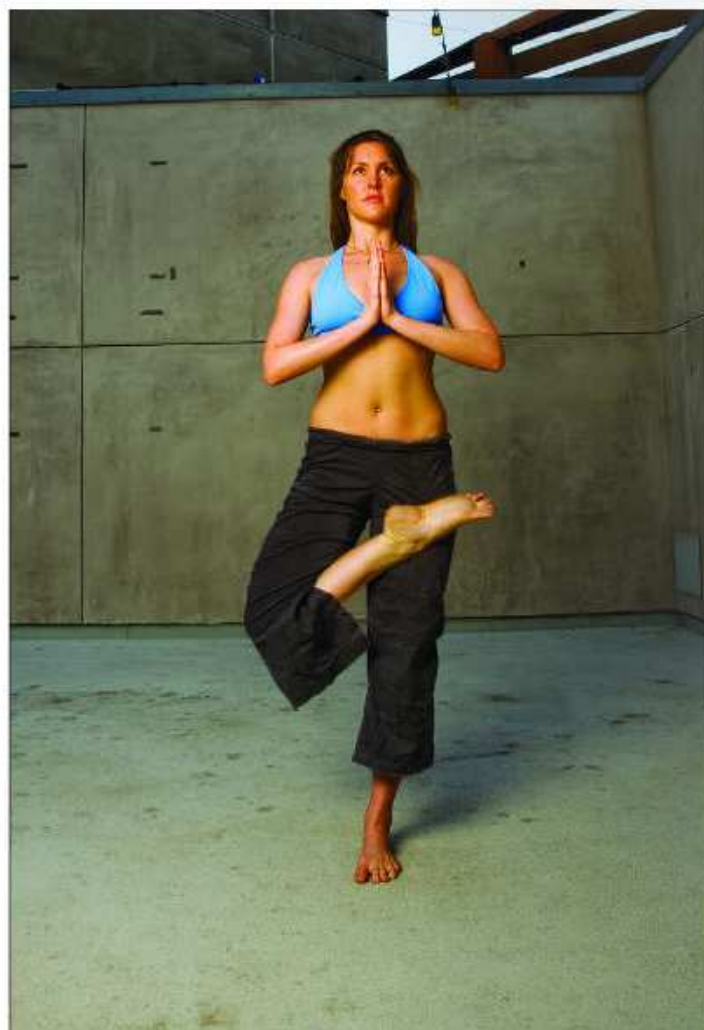
by CANDICE AGUILAR



Hailed as one of the most popular yoga styles among celebrities, Bikram yoga consists of 26 postures and two breathing exercises in a room heated to approximately 105 degrees Fahrenheit and is practiced during a 90-minute class. The postures are arranged in a logical sequence, allowing the body to adjust from one posture to the next, and effectively strengthen muscles, ligaments and joints. This type of yoga also works the entire body: organs, glands and the nervous system, right down to a cellular level; the benefits are endless. Besides the obvious yoga mat and towel, there are a few more key essentials and general rules of etiquette. 944 spoke with Patrice Simon, certified Bikram yoga instructor and owner of Bikram's Yoga College of India - The Camp in Costa Mesa about some important guidelines for the practice of Bikram yoga.

Dress in cool comfortable clothes, such as a sports bra or tank top and running shorts. Avoid thick materials like sweats and heavy T-shirts and don't wear shoes or socks. Light cotton works best, as it allows skin to breathe. A good general rule is to wear as little as possible. According to Simon, "avoiding a lot of clothing also helps the instructor make sure you are performing each pose correctly."

A few words on deodorant: Don't leave home without it.



Drink plenty of water throughout the day to stay properly hydrated and help the body flush out toxins more efficiently both during class and after. "Make sure to bring a large water bottle to class," Simon reminds students.

Wash feet before class. Classes are frequently packed full of students twisting and turning every which way and there's nothing worse than easing into a relaxing savasana between poses and getting an eyeful of another student's dirty feet.

Avoid eating at least three hours prior to class. "Due to the extreme heat and the compression movements performed, a full stomach could cause nausea, as well as hinder movement and make it more difficult to bend," says Simon.

The classes are designed with beginners in mind, however, the poses can be difficult to master and newbies may become frustrated, especially since the room is so hot. According to Simon, "Everything is intentional, from the posture to the tone of the instructor's voice. Everything is to make the student progress, but the student has to try. Bikram has a saying: 'If you try the right way, you'll get 100 percent of the benefit.'"

2937 Bristol Street, Costa Mesa | 714.429.7900

www.bikramyoganewportmesa.com