

# Bikram Yoga Tempe



**1825 E. Guadalupe Rd #103**

**Tempe, AZ 85283**

**480.777.0939**

<http://www.bikramyogatempe.com>

Southeast Corner of Guadalupe and McClintock

Frys Shopping Plaza

Next to the Frys / Petco / Starbucks / PeiWei

## “The Healthy Life Starter Kit”



## “Welcome To Our Studio”

Bikram Yoga changed our health and our lives, and our sincere hope is we can provide the opportunity to do the same for yourself.

This information packet was designed to answer many of your questions, and give you all the basic information you’ll need to get a great start on a long healthy life.

Please feel free to ask questions. Our goal is to help you become as comfortable and knowledgeable as possible so Bikram Yoga can become a regular part of your healthy life-style.

Our instructors have each completed and been certified through a rigorous 700 hour Bikram Training and most of them have been practicing yoga for 5 years or more. Please ask them why they chose Bikram and how a regular practice has changed their life... their health stories are an inspiration..

To your health,  
Ben, Elaina, and Jaden

### Our Personal Stories

**Elaina Zorensky**, co-director, has been a student of Yoga for more than ten years. In 1996 she suffered a neck injury in a car accident. After four years of chronic pain, Elaina was introduced to Bikram Yoga and found complete pain relief in her cervical spine after her first three weeks of practice.



A Chicago native and graduate of the University of Wisconsin-Madison, Elaina completed the Bikram Yoga teacher training program and was certified by Bikram Choudhury in Los Angeles in the spring of 2001.

Elaina gave birth to their son, Jaden Alexander, on August 27th 2005. She practiced Bikram Yoga throughout her pregnancy, which contributed, to her successful drug-free delivery at home. Five weeks after the birth, she resumed her Bikram practice and found it restorative, energizing, and particularly helpful with her sleep deprivation.

**Ben Zorensky**, attended The Johns Hopkins University where he played varsity basketball. In 1998 he underwent shoulder surgery to repair a torn ligaments and tendons. Bikram Yoga has helped him regain full strength and mobility in his ‘repaired’ shoulder. Ben will graduate from the Southwest College of Naturopathic Medicine in December 2006.

Ben was certified to teach Bikram Yoga by Bikram Choudhury in the fall of 2003. The framed photographs of desert riparian wilderness decorating the walls of our studio were taken by Ben. You can view his photography at [www.bezphotography.com](http://www.bezphotography.com)

**Jaden Alexander**, practices yoga every day, at the time of this writing his favorite poses are the “Wind Removing Pose” and the “Tree Pose” which he has modified to do lying on his back.

## A Few Stories About How Bikram Yoga Has Helped our Students

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Yoga's benefits have been repeatedly observed and documented over time.

In a 4-year research project at Tokyo University Hospital during the 1970s, Bikram helped doctors prove that yoga regenerates tissues and thus helps to cure chronic ailments. With regular yoga practice, discipline and honest effort you can experience the following benefits: Increased flexibility, weight loss, strength, muscle tone, anti-aging, discipline, improved circulation, relaxation, vitality, balance, deeper breathing, improved posture, strengthened immune system, normalize hormone levels.

Symptom Relief: High blood pressure, sciatica, asthma, arthritis, neck and back pain, diabetes, herniated disc, scoliosis, insomnia, stress, migraines, tmj, depression, anxiety

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“I would like to take this opportunity to thank Elaina and Ben Zorensky and their delightful staff at the Bikram Yoga of Tempe facility. During the past year I have experienced significant improvements in my health, including weight loss and overall life benefits.

I have been on blood pressure medication for 14 years and cholesterol medication for 5 years. In a recent physical, my Doctor informed me that **I no longer needed the blood pressure medication**, and my **cholesterol levels were reduced**, well below normal levels. He indicated that I could cut my cholesterol medication in half for a few months and subject to a retest there would be no further need for the drug.

An unexpected side benefit has been the **relief of all symptoms of asthma** that I have experienced since childhood. More important than the obvious physical benefits is the great environment created by Elaina and Ben and the many new friendships. Thanks again, and I look forward to the positive experiences yet to come...” **Terry; thehahnz@cox.net**

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“With any sport or activity, you work hard, listen to your body, prepare, visualize, warm up, and cool down. If you take care of your body, it will take care of you. Then you realize with the “sweet comes the sour”: the injuries, pulled muscles, etc.

As a lead dancer in Las Vegas, I always accepted injuries. To excel always came with a price, but the injuries always healed until age 25. My body was failing me. I walked away at the peak of my career. At age 48, I further injured my knee and it would not heal (dropped on my knees one too many times). I also battled chronic fatigue.

I tried few styles of yoga knowing how good it could be for my body’s history. It made sense, but I still had pain. Until one day, I spotted Bikram Yoga Tempe. **After the second class, I was completely pain free and my energy level has gone through the roof.**

Bikram Yoga is actually healing all my old injuries. At 50, I now feel 10 years younger. The yoga has taken me back mentally and physically to my strongest years as a dancer. Now the “sweet comes the sweeter”. Your mind and body no longer work separately, they work together. And with every Bikram Yoga class you become stronger, healthier, and younger, in your body and in your soul.” **-Karen Lundy**

## **A Few More Stories About How Bikram Yoga Has Helped our Students**

“A few years ago I was involved in an auto-vehicle accident that left the lumbar section of my back deeply fractured. The neurosurgeons who examined my injury advised a major procedure through an incision on one side of my front body, as I was in no condition to be moved or turned around for fear of the fracture further injuring my spinal cord.

I was rather scared of the risk therefore I refused that option. I had to then be put on a body brace for the next six months to heal naturally. It was only after five weeks of wearing the brace that I could actually learn to walk again.

I started practicing Bikram yoga to help strengthen my back again. What took me by surprise was that yoga would help me far beyond that. From a physical standpoint, I was all too pleased to notice that my back is actually in much greater health and shape now than it has ever been (even including the time before the injury).

I have also been experiencing less and less of any residual post-traumatic stress that stemmed from the accident thanks to my newfound discipline in the practice.

**I regained my positive outlook on life and my sunny disposition,  
which I had lost for years following the accident.  
Bikram yoga went from being an alternative method of exercise  
to a whole new lifestyle for me.**

Before Bikram yoga, I had a difficult time committing to any forms of exercise because of the difficulty in engaging my mind fully to them. Yoga compels me to be fully aware and mindful of my body, mind and spirit when carrying out each of the 26 poses.

Whenever I practice yoga, I also learn the virtue of struggle: the struggle to gain physical strength and endurance, the struggle for a quiet and focused mind, and so on. On one level, the struggles only serve to encourage me to push (but never abuse) the limit of my strength and flexibility. On another, the struggles help to ground me as a person and gear me towards being more loving and compassionate towards others since struggling is such an inevitable and inherent part of our life.

Lastly, through every small progress in yoga I learn not to take anything in my life, including my health and well-being, for granted.” **Ruddy, a certified Bikram instructor at Bikram Yoga Tempe.**

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“I have only one word to describe these two: Amazing. For anyone out there suffering as I did, yoga is for you. I was prescribed natural hormones and HRT at 36 years old and experienced every side effect: depression, hair loss, and hot flashes, etc.

Years later, the dangers of HRT were reported. So I did the unthinkable. Something you are told never to do. I stopped taking the Hormone Replacement Therapy cold turkey. And the day after, I took my first Bikram Yoga class at Bikram Yoga Tempe.

To my astonishment, **after my first week of practice, I was no longer waking up with night sweats.** And after a couple of weeks, my skin actually felt normal again since before the 14 years of medication. I no longer had hot and clammy skin, depression, or hair loss.

This yoga works your internal organs. After my first full year of Bikram Yoga, **I had a physical at Mayo Clinic in 2004. After an ultrasound pelvic exam, to their amazement, my fibroid cysts from 1998 were completely gone.** In addition **I had grown a half of an inch!** So you see, only one word, AMAZING.” - **K. L.**

# “Can Bikram Yoga Really Help Me?”

Check out Bikram Yoga Students’ experiences on almost any physical and mental condition. Go to this web page and read about all these specific categories. <http://www.bikramyoga.com/Testimonials>.

## TRANQUILITY

- High Blood Pressure
- Peace of the Mind

## CARDIOVASCULAR

- Arteriosclerosis
- Cholesterol
- Heart Disease
- Small Arteries & Poor Circulation

## ENDOCRINE

- Diabetes

## DIGESTIVE

- Anorexia Bulimia
- Hypoglycemia

## IMMUNE DEFENSE

- Auto immunity
- Auto immune Hepatitis
- Dengue Fever
- Hepatitis C
- Lyme Disease

## INTEGUMENTARY

- Skin Conditions
- Psoriatic Arthritis

## MUSCULAR SYSTEM

- Chronic Shoulder Pain
- Shoulder Injury & Pain
- Traumatic Accident Recovery
- Healing Old Injuries

## NERVOUS SYSTEM

- Anxiety Attacks
- Chronic Fatigue Syndrome
- Depression
- Depression - Menopause
- Digestion/Depression
- Emotional Healing
- Fibromyalgia
- Hypertension
- Insomnia
- Reflex Sympathetic Dystrophy
- Sciatica
- Weight Loss

## RENAL

- Kidney Cancer
- Kidney Condition

## REPRODUCTIVE SYSTEM

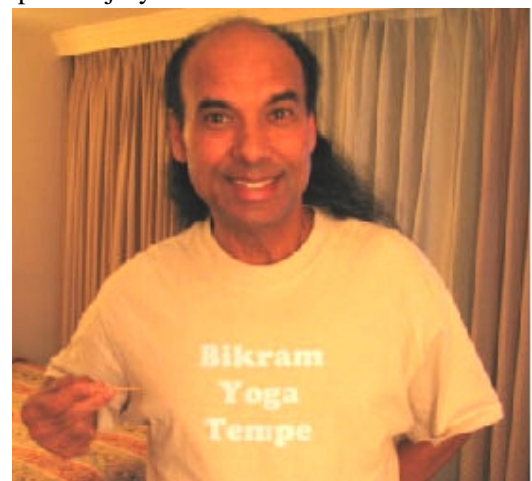
- Breast Lump
- Cervical Cancer
- Menopause
- Menstrual Cramps
- Menstrual Cycle
- PMS
- Pregnancy Yoga

## RESPIRATORY SYSTEM

- Sinus Infections

## SKELETAL SYSTEM

- Ankylosing Spondylitis / Back Pain
- Arthritis
- Back Pain
- Lower Back Pain
- Neck & Back Pains
- Bulging Disc
- Chronic Neck Pains
- Herniated Discs
- Hip Pain
- Hip Replacement & Follow-Up
- Knee Surgery Recovery
- Knee & Foot Alignment/Scoliosis
- Leg Pain
- Neck Injury
- Osteoarthritic Hips and Low Back
- Rheumatoid Arthritis
- Scheuermans Disease
- Scoliosis
- Spinal Injury



## Who is Bikram? And What Makes This Yoga So Unique?

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*"Yoga is the only exercise in the world you can do at any age.  
There is always some posture that will improve your health, mind and soul."*

**Bikram Choudhury, Founder Bikram Yoga College**

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Bikram Choudhury, founder and president of Bikram's Yoga College of India, is a world renown hatha yoga master. He began learning hatha yoga poses in his native India with Bishnu Ghosh, Paramahansa Yogananda's brother, at the age of five. A three-time undefeated All-India National Yoga Champion, Bikram was educated in Calcutta and received his diploma in yoga training from Ghosh's College of Physical Education and the Yoga Cure Institute in 1965.

At seventeen, an injury to his knee during a weight-lifting accident brought the prediction from leading European doctors that he would never walk again. Not accepting their pronouncement, he had himself carried back to **Bishnu Ghosh's** school, for he knew that if anyone could help to heal his knee, it was his teacher. Six months later, his knee had totally recovered. Ghosh was a celebrated physical culturist and the first to scientifically document Yoga's ability to cure chronic physical ailments and heal the body.

Bikram was asked by Ghosh to start several Yoga schools in India. The schools were so successful that at Bishnu's request Bikram traveled to Japan and opened two more. He has since brought his curative methods of Yoga therapy around the world.

Bikram is a pioneer in the field of yoga therapy. He conducted a four-year research project with medical experts at Tokyo University in 1970 to provide scientific evidence that hatha yoga asanas aid in the prevention of degenerative and chronic diseases. After accepting an invitation from President Richard Nixon in 1972, Mr. Choudhury moved to the United States and opened his first school in Hawaii. Since that time, he has overseen and administered the expansion of his affiliated network of Bikram Yoga Schools worldwide.



For numerous articles about Bikram Yoga in the news including Bikram's interview on 60 minutes go to  
<http://www.bikramyoga.com/index.html>

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## “Bikram is doing a great service to Yoga”

Deepak Chopra

Bikram's Yoga class is a series of 26 postures (asanas) and two breathing exercises (pranayamas), which is suitable for all ages and levels of ability. Each posture stretches and strengthens specific muscles, ligaments and joints needed for the next posture.

The Bikram method also stimulates the organs, glands and nerves, moving fresh oxygenated blood to 100 percent of the body, making sure that all systems are working at their optimum level.

Bikram scientifically designed this 90-minute program to deliver total health through the balancing and strengthening of every system in the body in order to prevent illness, injury and limit the effects of aging. In addition, the series of postures combines skills of concentration, patience, determination and self-control, which leads to increased mental clarity and reduced stress.

Bikram's Yoga Class is practiced in a heated room to warm your muscles, prevent injury, allow a deeper workout and cleanse the body by flushing toxins. As Bikram says,

### Q: What is happening to my body during Bikram Yoga?

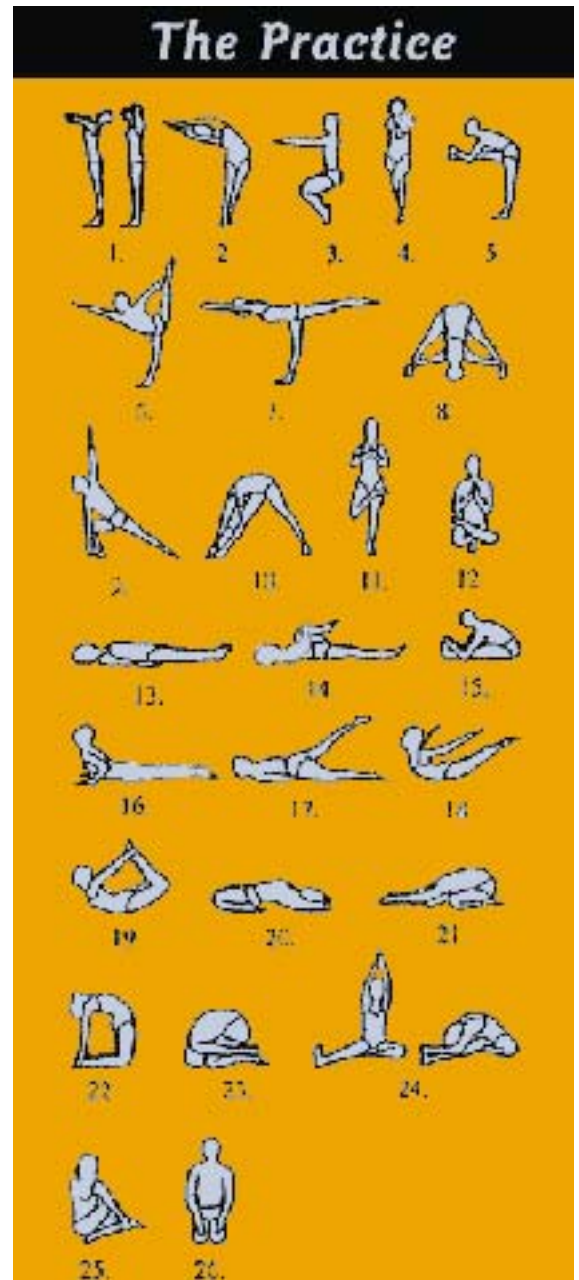
**A:** Muscles are contracted and stretched at a cellular, biochemical level. Lipids and proteins reorganize optimally in such stretching, allowing for better circulation. Joint mobility and range of motion is increased, and strength is built by the use of gravity. Muscles and joints are balanced.

Blood and calcium are brought to the bones. Working against gravity strengthens the bones. The organs of the immune system within the bones (red marrow) are boosted.

The lymph nodes are massaged, lymph is pumped throughout the body, and white blood cells are distributed throughout the body as the lymphatic system works more efficiently.

There is compression and extension to the thymus, spleen, appendix and intestines; lungs are stretched and flushed out by increased blood circulation. The endocrine glands are encouraged to secrete appropriate hormones, and the communication between hormones and various glands and systems of the body is perfected. Toxins and waste are eliminated through the organs of elimination.

The nerves are stimulated by compression and extension, improving communication within the systems of the body and supplying fresh blood, oxygen and nutrients throughout. The brain is stimulated by improved circulation and by varying blood pressure.



## The #1 Question Asked About Bikram Yoga

### **Q: Why is the room so hot?**

**A:** Short answer - Because it makes the workout safer and more effective!

The recommended temperature is minimum 103F degrees and about 40% humidity. The room is kept at this temperature or more for the following:

- Keeping the body from overheating (contrary to popular misconception)
- Protecting the muscles to allow for deeper stretching
- Detoxing the body (open pores to let toxins out)
- Thinning the blood to clear the circulatory system
- Increasing heart rate for better cardiovascular workout
- Improving strength by putting muscle tissue in optimal state for reorganization
- Reorganize the lipids (fat) in the muscular structure
- Increases your heart rate to work your cardiovascular system
- Increases your flexibility and assists you in stretching deeper to affect healing
- Aids the body in releasing toxins from organs, muscles, and tissues
- Improves your strength by putting muscle tissue in optimal state of change
- Eliminates trauma and injury to the body



**If the heat causes extreme discomfort for you, be assured that you can change that with a minimum of 3 classes in one week. This effort will increase your tolerance for the heat.**

### **Other Questions and Answers**

#### **Q: Do you have to be in great shape?**

**A:** NO. This is a beginners series created for people seeking optimal health. Bikram Yoga's therapeutic reputation draws people who suffer with chronic pain and disease.

Anyone can try the yoga; it doesn't matter what shape you are in. Remember, you will improve from the very first class.

#### **Q: What if I'm not flexible?**

**A:** This is the most common misconception that prevents people from coming to a yoga class.

You don't need to have great flexibility to do yoga. Try each posture and you will get 100% benefit. If you can't touch your toes, or even see your toes, you are an excellent candidate for Bikram Yoga.

**Q: Am I too old to do Bikram yoga? I heard it was very intense.**

**A:** Bikram says "never too old, never too sick, never too late..." People of any age and condition can do this yoga. It reduces the symptoms of many chronic diseases and is the world's best preventative activity for the whole body. Bikram created this yoga for people in chronic pain. He created it to eliminate their pain and to reverse the signs of aging.

**Q: Is the routine the same every time? Why the same 26 poses?**

**A:** Yes. Part of Bikram's genius comes from designing the flow so that one posture opens a specific area of the body in preparation for the next posture. By utilizing the same flow every class, Bikram's yoga has a much shorter learning curve than other rigorous styles of yoga.

- Your body is different everyday. One day the class could be quite easy, another day challenging. The repetition of the same poses builds muscle/cell memory so usually you can pick up where you left off. Furthermore, the sequence allows you to MEASURE PROGRESS.
- We also focus a great deal of attention on the detail of the poses (which also helps prevent injury).

**Q: What if I'm pregnant?**

**A:** The first trimester is a vital time for the developing fetus and you may be tired and/or feeling ill. Therefore, it is best to wait until after your 12th week before starting the yoga.

Postures are modified for pregnancy but done with the regular students so you are welcome at any class. If you already do Bikram yoga and feel well you may just continue your regular practice until you feel the need for the modifications (between 8 and 12 weeks).

**Q: Is it a cardiovascular workout and can I lose weight?**

**A:** No matter what level of fitness you are this yoga will be a challenge you never outgrow. You will be amazed how much cardiovascular workout you get from holding still in posture. Your body continually seeks to normalize in yoga and so if you are overweight you may lose weight. Consistency is the key. With persistence, patience and dedication your body will come into balance.

**Q: Is it common to feel sick, dizzy, and nauseous in class?**

**A:** Sometimes a beginner will experience these sensations. The most important thing for you to do is breathe, pace yourself, and just try the postures. Just do the best you can, resting when you feel the need. **Learn to listen to your own body and take care of yourself in class.** Drink lots of water before class to make sure you are well hydrated. Please call Elaina or Ben at 480-777-0939 or ask any teacher if you have any questions or concerns.

**Q: What is a good age to start?**

**A:** A child who has reached puberty can do the series. Just as an adult, the yoga will help regulate hormones and brain chemicals so vital to our health. Anyone younger than that does not need to do the yoga in the heat. Young children can do yoga at home (without the heat) and have fun with the postures. They can easily do the floor poses, with no need to do the standing or balancing postures.

## **“Why Are Bikram Instructors So Special?”**

It takes more than a hot room and a list of postures to make your Bikram Method Yoga practice a safe, rewarding experience. Bikram Method Yoga is a specialized form of yoga, requiring appropriate training and knowledge to teach it effectively.

Our instructors are in the room to make your experience safe and more enjoyable. They love people, they love teaching yoga and they greatly appreciate the opportunity to teach you!

### **Q: Why used certified Bikram yoga instructors?**

**A:** Bikram Choudhury, the creator of Bikram Yoga, personally trains and certifies his instructors to ensure that his methods and philosophy are preserved and properly taught. To be certified as an instructor in the Bikram Method of Yoga, **an instructor must complete an intensive nine-week training session requiring over 500 hours of study.**

A studio guided by a Certified Instructor provides the best possible instruction in the Bikram Method. Certified Instructors have a continuing connection to Bikram Choudhury and his training staff, allowing the Certified Studio to draw from all of the resources Bikram's training center has to offer. This includes special seminars, posture clinics, guest instructors, and answers to questions which may arise in a particular practitioner's Bikram Yoga practice.

## Class Tips - A Few Rules and Yoga Etiquette

In order to create a pleasant environment and peaceful yoga experience for everyone please take a moment and read the following information:

<b>Necessities</b>	<b>Water, a yoga mat, and a large towel are required.</b> (All 3 are available for rent or purchase.)
<b>Frequency</b>	<b>In order to be effective, yoga should be practiced on a regular basis with no long lapses of time between lessons. A minimum commitment of 10 classes in 30 days is recommended to derive maximum benefit from this yoga program.</b>
<b>Talking</b>	<b>Please visit with your friends in the lobby, not the yoga room.</b> <b>Please refrain from talking in the yoga room prior to class – and please respect silence during class!!</b>
<b>Late to Class</b>	<b>Late admittance to class is strongly discouraged since it disrupts the class and the teacher. On occasion, if you arrive during pranayama breathing and you are not regularly late, we'll make an exception. Please arrive at least 10 minutes early!</b> <b>New students, please arrive at least 15 minutes early to register.</b>
<b>Leaving During Class</b>	<b>If you must leave the room while class is in session (ex-emergency bathroom break), do not leave or enter unless the class is finished with a pose.</b>
<b>Cell Phones</b>	<b>Cell phones must be turned off and are no longer allowed in the yoga room.</b>
<b>Personal Belongings</b>	<b>Please leave all bags in the change rooms. The studio door is locked during class or there is someone manning the lobby to ensure the safety of your things. Please note: Bikram Yoga Tempe is not responsible for lost or stolen items.</b>
<b>Closing Savasana</b>	<b>Please stay to the end of class and enjoy a nice long Savasana.</b> <b>When class is over and <u>AFTER</u> the teacher leaves, please leave the room quietly, this is respectful of your neighbors who prefer a longer final Savasana.</b>
<b>Hydration</b>	<b>If you are not properly hydrated and/or did not get a chance to eat enough, please do not take class. Proper hydration and nourishment are required. Drink plenty of water throughout the day <u>before</u> class. Proper hydration helps your body flush away toxins and keeps your brain sharp!</b>
<b>Nutrition</b>	<b>Please have an empty stomach prior to the start of class.</b> <b>Make sure you are receiving adequate electrolyte intake: Calcium, Magnesium, Sodium, and Potassium. Sample drinks that contain electrolytes include: ReCharge, EmergenC, Vitamin Water, Gatorade, Fruit Water, Smartwater, and a juice with a sprinkle of sea salt added.</b>
<b>Chewing Gum</b>	<b>For your safety gum chewing is not allowed.</b>
<b>Cold or Flu?</b>	<b>If you are sick, for example with the flu or a cough, please stay home and rest!</b>
<b>Breathing</b>	<b>During class, don't forget to breathe! Breathe in and out through your nose, don't huff and puff through your mouth- this actually can cause dizziness!</b>
<b>Yoga Mat</b>	<b>Clean your yoga mat after every use. Spray tea tree oil mixed with water on your mat, scrub, and air dry. Biweekly: Wash your mat in the tub, or washing machine on gentle – you can also dip your mat in the pool and leave it in the sun to dry. J</b>
<b>Hygiene</b>	<b>Please refrain from wearing perfume or cologne. Deodorant is ok!</b>
<b>Showers</b>	<b>Showers are a convenience to quickly rinse off. We only have 1 in each locker room, please be considerate of the folks waiting behind you.</b>

# Bikram Yoga Tempe

## 90 Day - Personal Status / Progress Diary

Your Start Date \_\_\_\_\_

**“ If you wish to chart your progress, you can use this page to do so.  
Keep in mind that your goals should be reasonable. Each one of us is unique, and our  
expectation for ourselves must be reason ate with our own  
individual state - physically, mentally and emotionally.  
Even more important than tracking your progress over 3 months,  
is celebrating your improved health and sense of well being for the rest of your life.”**

My Main Motivations To Practice Bikram Yoga Are:

The Problem Areas In Which I Would Like To See Improvement:

<b>Personal Stats</b> I want to track	At the Start	My 90 Day Goal	After 30 Days	After 60 Days	After 90 Days
Weight					
Blood Pressure					
Cholesterol					

Place a mark for <b>“Every Class”</b> you attended	My 1st Month	My 2 <sup>nd</sup> Month	My 3 <sup>rd</sup> Month
Total for the Month			

On a rating scale of: 1 = Poor / 2 = OK / 3 = Good / 4 = Great				
	At the Start	After 30 days	After 60 Days	After 90 Days
My energy level in the AM is...				
My energy level in the PM is...				
I would rate my sleep patterns as...				
In general my skin feels...				
Generally my digestion is...				
<b>Generally my elimination routine is...</b>				
My flexibility is...				
My ability to deeply relax is...				
My over-all sense of well being is...				
My ability to concentrate is...				

Comments: