

# Reclaiming Your Healing Power: 10 MOTIVATIONS

## #10 - Time to yourself that is truly healing.

We know that the pressures of work, family, internet, media, and society in general can add up over the years, wearing down your body and mind. Despite the joys of life, we are often left feeling stressed, tense, and stiff. The Original Hot Yoga gives you time for your system to rejuvenate, heal, and be refreshed.

## #9 - No more blues.

Studies show a reduction in anxiety and moderate depression with only 2 classes per week. Many practitioners have healed from eating and other compulsive disorders, recovering addicts swear by a regular practice to maintain sobriety, and seasonal energy fluctuations are moderated.

## #8 - You can trust it.

This system of yoga is a prescription of postures and teaching methods that originated in 1923 at Ghosh's Yoga College - a yoga therapy clinic in Calcutta, India. Our teachers are trained directly in this Indian lineage. We won't distract you with the latest fads. We offer therapeutic, time-tested healing practices.

## #7 - No nonsense.

The Bikram Yoga method consistently guides your mind and body in plain, direct language. We keep it very simple for you so the mind can focus.

## #6 - Reduce inflammation at any age.

The full Bikram Yoga class **reverses the inflammatory-aging process** and **heals** wear and tear on the joints, soft tissues, organs, glands, and more. Most practitioners are over 50 and many are over 80.

## #5 - Professional and local athletes swear by it.

Kareem Abdul-Jabaar used this yoga to extend his NBA career. Defensive lineman Jason Hatcher, 30+, insisted on a 4-day-a-week practice to get through a football season. Longevity athletes like Joe Johnson and Serena Williams swear by it. A-Rod even practiced here in East Lansing with us.

## #4 - Say goodbye to allergies, asthma, chronic pain, and more.

The average person with a 4-day-per-week practice sees seasonal and environmental allergies reduced by 50-80%. On average, asthma treatments are needed around 25% as often and at much smaller doses. Other inflammatory conditions that our students treat with a regular practice include: fibromyalgia, uncategorized chronic pain, lupus, crohn's, IBS, rheumatoid arthritis.

## #3 - Heal your whole heart.

Aerobics and movement-based classes get the heart pumping, but the stillness in the Bikram Yoga system directs the power of the circulatory system to each section and tissue layer of the body, one by one. In only 12 weeks, your arteries will already be better off (endothelium-mediated arterial flexibility improves significantly, and LDL cholesterol levels go down, according to University of Texas-Austin studies).

## #2 - It covers your bases - physically and mentally.

The Original Hot Yoga - plus our Yoga Shapeshifting classes - provide a comprehensive program of strength, breathing, meditation, tension-release, tissue-stretching and more. Regular yoga practice leads to reduced need for many other treatments and exercises, giving you back so much time and money.

## #1 - You'll feel truly different, and ready to take on what's next.

The light, calm, energized feeling you get from a single Bikram Yoga class is like nothing else on the planet. In the words of one student: "The results are tangible. And immediate. My whole day goes better."