

Bikram Yoga College of India Fort Worth

Directors:

Kristyn & Greg Sanders
921 Foch Street
Fort Worth, Texas 76107

Telephone 817-335-YOGA

WELCOME!

We are so glad you are here! You have made one of the most important decisions of your life. As you continue to come to class, you will quickly realize why this is so.

Here are some tips from the most frequently asked questions and some guidelines that help you understand the discipline.

- **Take your 2nd class within 24 hours of your first class.** You have awakened and stimulated every system in your body with your first class, even if it seems like all you did was struggle and sweat! With your second class, your organs, respiratory, circulatory, digestive, and nervous system receive 2-3 times the nourishment and healing that they did in the first class. Each class builds exponentially on the next.
 - **Please take at least 10 classes as close together as possible.** We ask you to do this because you will feel like a new person, physically, mentally and emotionally if you take this step. You will feel some of the benefits of this yoga with just a class or two, but to really soar, you need the cumulative effect of at least 10 classes. So come as often as you possibly can. (Ask us about taking the “Bikram Challenge.”)
- Before class:**
- **BE ON TIME!!! Aim to give yourself a few moments in the yoga room before class starts.** This will really help you have a more peaceful and enjoyable class, as well as helping to prevent the 90- minute class from running over/late.
 - **Come to class fully hydrated.** There are pauses in the class where you’ll be able to drink water, but you need to drink lots of water throughout the day in order to ensure that you’re properly hydrated for class. If you feel headachy or over-tired during or after class, you may need to take an electrolyte supplement. Emer’gen-C is a fizzy drink loaded with vitamin C and is a good source for electrolytes (drink before or after class), or capsule form from a health food store.
 - **Come to class on an empty stomach.** Most people find that they need to leave 2-3 hours between their meal and the class. However, some people need to eat just a little “something” (piece of fruit, yogurt, energy bar, etc.) an hour or so before class. As you practice this yoga, your own innate wisdom will emerge and guide you to what is right for you.
 - **Make sure your body is absolutely clean and free from all body odors, perfumes/cologne and lotions.** All scents are magnified in the room and lotions are very slippery which makes many postures very difficult. If necessary, use the showers before class. Especially during summer, wipe feet before entering yoga room. Please respect everyone in the class.
 - **Do at least 10 classes before setting up on the front row.** The role of the front row is to lead by good example. Please be able to do the whole class and each posture at least 80% correctly.
 - **Please set up in new spots frequently throughout the room.** Have no attachments to certain spots. This will make you invincible. Nothing can steal your peace. Also, be mindful of your neighbors while setting up. Please be flexible so everyone has enough space, do not set up directly in front or behind someone.

During class:

- **Please follow along with the teacher.** This method is an exact science; everything is very precise so that you will be able to aim your intentions in the right direction to receive all benefits of the postures. What you think is impossible is quickly attainable if you try your best, aiming in the instructed direction.
- **Focus on yourself entirely and be as still as possible between postures.** As you build your ability to focus your mind and still your body, the heat and struggle will soon disappear. Keep your mind focused on yourself in the mirror, and keep your inner voice speaking in a positive, supportive, and encouraging fashion. In this way you'll have an exuberant class.
- **Do try to stay in the heated room.** While its tempting to think about the cool lobby on the other side of the door, it's better for you if you stay in the yoga room. Feel free to sit down or lie down if you feel a little dizzy or nauseous. You must learn to honor, listen to, and take care of your body. It's perfectly OK to do only one set of a posture, or to skip a posture entirely. If you absolutely must leave the room, make sure the teacher knows you've left, and come back in as quickly as possible.

After class:

- **Leave room quietly.** Leave no trace. Place all trash, mats & towels in their proper place.
- **Recognize and enjoy your peace, and make the commitment to return tomorrow!**

Important to note...

- **Yoga is a practice as well as a life-long process; it's not about doing the poses perfectly.** No one is going to judge you or criticize you. Your fellow students are working much too hard to notice you. As long as you give your best effort, and attempt all of the poses as instructed, you receive as much therapeutic benefit as someone who is able to do a posture with a high degree of flexibility, strength and balance. Your instructor may, from time to time, and always in a respectable and supportive manner, offer a suggestion or an adjustment that will carry you deeper into a pose. As you continue to come to class, you will become more and more comfortable with yourself and with your yoga practice.
- **Every class is the same, but will always feel different.** Let go of preconceived notions and experience each class like it's your first class. Your body is different every day, and it's normal for the class or certain postures to be easy one day and difficult the next. Please do not be discouraged and think that something is wrong if you have a difficult class. It is all part of the process, and very soon the miserable class will be followed by one of the best classes you've ever had.
- **It's normal to feel emotions and sensations arise in class.** This is a very powerful yoga that works on all levels to heal us. Sometimes tears will flow as you perform an asana (posture). This means that your emotional body is releasing energy and that you are healing psychologically and emotionally. You may or may not know what the emotions are about. Certain postures may elicit flashes of memory. Again, this is a kind of cleansing and healing, and it's both normal and very positive. Don't judge the experience and don't stop because you think something is wrong. Your yoga practice is working exactly the way it's supposed to!

