



Yoga News



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New Classes!

Starting October 1, we are adding two classes to the schedule:
Thursday, 12:00 p.m.
Saturday 1:30 p.m.

Questions!

Here are some of the questions I've been getting recently from yoga students that are probably interesting to everyone.

Does Bikram yoga help with immune function?

Yes it does. First, all exercise stimulates the activity of white blood cells, which results in improved immune function. And, heat is a proven therapeutic tool. German cancer clinics have used it for years as an effective adjuvant treatment for cancer. In fact, if you put the search terms "thermotherapy" (the term for heat treatment) and "cancer" into the PubMed article database, you will find about 8,500 articles. Of these, 158 refer to randomized clinical trials evaluating heat as a form of cancer treatment.

Should I come to Bikram yoga if I am sick or feeling like I might get sick?

Almost always the answer is yes. The heat will help to detoxify your body faster, and provide symptom relief at least for a period of time. If you are not yet sick, but have that "feeling" that you could be catching a cold, the class may help you to keep from getting it. I have successfully avoided getting sick many times over the years by taking a class or two when I was feeling a little under the weather.



But if I come to class when I'm not well, won't I be exposing other people?

The reason why people get sick with colds or the flu is not because they are exposed to germs and bacteria - we are all exposed all day every day. It is the condition of the body

that determines whether or not you will get sick. A compromised body provides a great environment for germs and bacteria; a strong body is a poor host. You are not going to be the determining factor in whether or not others get sick; the condition of their bodies will be the determining factor.

Is Bikram yoga effective for weight loss?

Generally yes. If you are working to full capacity, you will burn about 632 calories per hour in class. Obviously, if you are taking class a few times per week, the increased calorie burn will help you to lose weight.

If I take Bikram classes do I need to do other forms of exercise?

Absolutely! Bikram is not a substitute for strength training or aerobic exercise. It is a great complement to both of those, but not to be used to the exclusion of these activities.



Why is my experience so variable - in other words, why am I so strong one day and then can hardly get through the class the next time I come?

This is normal. How you perform in class is a function of how much sleep you've had, stress levels, your mental state, nutritional status and many other factors. What I have found interesting over the years is that sometimes I am tired and not sure I am up to the class and end up having a great experience, while other times I feel fine when class starts and end up having trouble just staying in the room. It's highly unpredictable, but particularly if you are new, don't be discouraged if you have a tough time in class - we've all been there!

Why are the teachers giving me dirty looks when I leave the room during class?

The reason is that you will never get used to the heat if you run in and out of the room, and once one person leaves, others tend to follow. No one has died in that room since we've been open; you most certainly will survive and get stronger if you stay in the room!

Can I take a Bikram class on the same day I run or lift weights?

Certainly - you will get stronger by doing more activity in one day!

Please feel free to write to me with more questions at pampopper@msn.com or ask when you come to class!

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