

# Student of the Month: Frank Vana

AUG  
'17



## **Q: Why did you decide to try Bikram Yoga?**

A friend of mine suggested Bikram. I was looking to add something different to my workouts that would create some flexibility and also cause less wear and tear on my body.

## **Q: How long have you been practicing?**

I first went in either 1998 or 1999.

## **Q: How many days per week do you practice?**

In the winter months 2-3 times per week and the rest of the year 1-2 times per week.

**“Each and every class presents new challenges and I’ve grown to really enjoy that.”**

## **Q: What is your favorite posture? and why?**

I don’t have a favorite posture because I truly feel different each and every class.

My flexibility (best described as not flexible) has improved but my strength and relaxation in each posture has really improved.

Each and every class presents new challenges and I’ve really grown to enjoy that.

## **Q: What are the benefits you have received from your Bikram Yoga practice?**

I have learned to breathe better in and out of class and I can feel the calming effect every day.

It’s a lifelong practice for me at this point. I think my practice has allowed my body and mind to get on the same page. If I miss a week both let me know it’s time to get back to class.

## **Q: What one thing would tell someone who is brand-new to Bikram Yoga?**

Learn to breathe first and then be patient learning the postures (this practice is a marathon not a sprint). If you do this your Bikram journey will flourish.