

# Student of the Month: Rob Donovan

DEC  
'17



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

I wanted to try something other than weightlifting of which I was so bored of doing and after trying other types I ended up sticking with Bikram.

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

I've been practicing over ten years I believe but didn't take it seriously until I found BYD seven years ago. Many thanks to all the dedicated teachers and of course a shout out to Shannon my fav teacher ;)

**“...keeps me interested because of how challenging it is for my mind and body.”**

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

I try to practice 5 days a week but usually end up making 4 classes.

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

Standing Bow is my favorite posture I believe it helps my balance

tremendously, stretches my tight hamstrings and opens my hips (which are wicked tight) while also strengthening my whole lower body.

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

It ridded me of my sciatic nerve pain in my hamstrings, gets me clear minded and totally flush afterward, steadies my temper - Some others are core strength, leg strength, healing strength, and keeps me interested because of how challenging it is for my mind and body.

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

Three things -Try not to let your mind make you quit, lock the knee and suck that stomach in!