

Student of the Month: Chris Burns

FEB
'18



“...It helps set a positive tone for the rest of the day.”

Q: Why did you decide to try Bikram Yoga?

My wife thought I'd really enjoy Bikram and finally convinced me to go to a class!

Q: How long have you been practicing?

2 years.

Q: How many days per week do you practice?

It depends on my work travel schedule, but I try to go three times a week.

Q: What is your favorite posture? and why?

My opinion on particular postures has evolved over time, but Savasana is probably my favorite. This pose was a challenge for me for awhile, but now helps me focus and center myself during the class.

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

There are many benefits to list! I was having neck pain related to stress and Bikram almost immediately eliminated it. I also love how open minded I am when I leave the hot room. It helps set a positive tone for the rest of the day.

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

Be patient! Improvement will come if you put in the work. Do not compare yourself to others in the class, only compare your own performance. For example, I'm now able to do certain poses that I had no shot at doing when I first started.