

# Student of the Month: Cayleigh Montano

JAN  
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**“...be good to yourself always and play with the limits you put on yourself.”**

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

I wanted an activity that would help heal old injuries but also challenge me.

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

2 years in February

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

As many as I can get in. Usually 3 days/week.

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

Depends on the day. That is part of the reason I love my practice. Many of the postures I dreaded have become my favorites, and I love seeing how much I have grown.

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

After years of competitive sports and now working as a nurse in a very high-stress environment I have never experienced a practice that helps heal both my body and my mind. Bikram has provided mental clarity and calmness that extends outside the hot room. Not to mention my knees and hips feel better.

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

Make a commitment to yourself to stick with it.