

Student of the Month: Gia Peralta

JULY
'17



Q: Why did you decide to try Bikram Yoga?

I've always been active in the gym and thought of Bikram as another fitness variation to challenge my body and my mind. I never knew I'd fall so in love

Q: How long have you been practicing?

About a year and 1/2

Q: How many days per week do you practice?

4-5 days a week currently

Q: What is your favorite posture? and why?

“...I’m learning to...be more present in each moment...I will probably practice forever.”

This is a tough one since I always have a different favorite. My all time would have to be standing head to knee. It definitely is the most intimidating but challenges my mental focus the best. I hang onto every word in that dialogue.

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

So many. My mental clarity has improved immensely. My ability to focus in the hot room has also carried over to my every day life ...I've become far more aware of my breathing and do it more with intent. I sleep better. I'm learning to listen to my body more and be present in each momentI will probably practice forever.

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

Your mind and body will be challenged to the full extent with each practice and the benefits you'll receive are priceless; so keep coming!

Also, practice with different teachers. I'm so grateful for my Bikram teachers and would like to thank them all for their help and encouragement. I've learned something valuable from each of you!