

Student of the Month: Cheryl Cammarata

JULY
'18



Q: Why did you decide to try Bikram Yoga?

Phil Cohen, one of the members, was so excited about Bikram and talked about his health improvements that I decided it was worth checking out.

Q: How long have you been practicing?

I've been practicing about five years.

Q: How many days per week do you practice?

My average practice is four to five times a week but I shoot for every day.

“...the #1 benefit I get from my practice is the overall positive feeling of wellness I have...”

Q: What is your favorite posture? and why?

I have received so many benefits from all the postures but if I had to choose one it would be the triangle pose because of the love, hate relationship I have with this pose. This pose has taught me to work through my stress and find the peace and I have

changed physically as well which has improved my other physical activities.

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

Bikram's Yoga postures challenge me physically and mentally and as a result I have become stronger physically and mentally. But the #1 benefit I get from my practice is the overall positive feeling of wellness I have.

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

I would tell them what Heidi (one of the instructors) told me, if you really knew how much you are benefiting from this practice you would make no excuses and show up as often as you could.