

Student of the Month: Michael Renfroe

JUNE
'17

Q: Why did you decide to try Bikram Yoga?

As a Type I Diabetic, its important for me to get some form of exercise on a daily basis. Bikram helps stabilize my blood sugars throughout the day.

Q: How long have you been practicing?

1 year

Q: How many days per week do you practice?

2 - 3 days per week

**"...Stick with it.
It works!!!"**

Q: What is your favorite posture? and why?

Standing Bow...its a good indicator of my focus, flexibility and overall health that day

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

Blood sugar control, flexibility, mental health, stamina

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

Stick with it...It works!!

