

Student of the Month: Brian Donovan

JUNE
'18

Q: Why did you decide to try Bikram Yoga?

I was having some pain in my knees, hips and back.

Q: How long have you been practicing?

I started practicing at BYD a few months after it opened so seven years.

Q: How many days per week do you practice?

1 or 2 days a week. I travel a lot during the week, otherwise I would practice more.

“...Bikram Yoga enables me to run sometimes 50 miles a week without pain...”

Q: What is your favorite posture? and why?

I like most of them but if I had to pick one it would be Camel. It usually makes me dizzy so it must be doing something good.

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

I am an avid golfer and runner. Bikram Yoga helps my flexibility for golf and enables me to run sometimes 50 miles a week without pain.

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

Lot's of water and breathing are the physical basics but mentally you should only compete against yourself. If you try to compare yourself to others, it can get very depressing.

