

Student of the Month: Darlene Devita

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

My dearest friend, living in Brooklyn, NOT a yoga fan, swore by the practice. I was a Baptiste student at the time, but got hooked immediately. I could feel the results of a healthy body after the 1st class. I appreciate the concentration and focus that is needed to get through the 26 postures.

Q: How long have you been practicing?

5 years

Q: How many days per week do you practice?

3-4

Q: What is your favorite posture? and why?

“...I could feel the results of a healthy body after the 1st class...”

Well I have to say, I do love Triangle. It's strengthening, it addresses the whole body and it's "a marriage between the heart and lungs"...I have asthma and high blood pressure, so there it is!

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

practice?

Healthy SPINE! Strength and a clear head!

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

"drink plenty of water before, during and after, breathe normally... meditate, radiate and you'll have a great class!" Oh that was more than ONE! BREATHE NORMALLY!

