

Student of the Month: Yusaku Takase

APR
'18



Q: Why did you decide to try Bikram Yoga?

I was looking for an outlet for practicing meditation and physical challenges at the same time for a long time. I then developed chronic back pain. One day I read an article about Bikram Yoga and decided to give it a try.

Q: How long have you been practicing?

9 years and counting.

Q: How many days per week do you practice?

About 3 times but wish I could practice more.

“...my focus has increased, I have become more aware and have stopped my weekly visit to the chiropractor.”

Q: What is your favorite posture? and why?

Any poses with back bend and savasana as I find it very rewarding.

Q: What are the benefits you have received from your

Bikram Yoga practice?

Although I found it very challenging, I decided to stick with it. Eventually my focus increased, I have become more aware and have stopped my weekly visit to the chiropractor.

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

Be open, breathe and drink lots of water.