

Student of the Month: Christine Guerriero

MAY
'18



Q: Why did you decide to try Bikram Yoga?

I was always just a walker and was looking for a way to survive the winter days, that I wasn't able to get outdoors. My daughter had been telling me to try Yoga for years so with the luck of looking online I discovered Bikram.

Q: How long have you been practicing?

I have been doing classes at Bikram Yoga Danvers for a year now.

Q: How many days per week do you practice?

I practice 4-5 times a week which includes the Pilates and Fusion classes. I really enjoy doing those classes which are only an hour and done to music.

“...[Bikram Yoga is] a place where you can shut down your mind from the worries and just focus for that hour and a half...”

Q: What is your favorite posture? and why?

I really don't have a favorite posture yet because I feel that I am still discovering the benefits from all of them.

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

Life can be very overwhelming for some of us all for many different reasons. When you are able to go to a place where you can just shut down your mind from the worries and focus on the Instructors words, for that hour and a half. The benefits of the poses are amazing.

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

Being new to the practice one tip I would tell you is, try and not to compare yourself to anyone else in the class. Every person is there for a different reason and with every class our bodies and minds respond differently.