

Student of the Month: Lisa Ferrante

NOV
'17



Q: Why did you decide to try Bikram Yoga?

Over the years, I always needed Chiropractic adjustments to keep my back healthy and felt there was something else I should do. That is when I decided to try Bikram Yoga.

Q: How long have you been practicing?

I have been practicing for five years.

“...the benefits are endless...be patient your body will change over time”

Q: How many days per week do you practice?

When I first started, I practiced as much as I could four to five times a week. Now, I average three times a week.

Q: What is your favorite posture? and why?

I really do not have a favorite posture because each time I practice there will be a posture that makes my body feel that I really needed that one today. However, If I have to choose one, It would be half moon, It really opens my body up from the beginning.

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

This is an amazing practice, I feel the benefits are endless.

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

Please listen to your body, it will tell you how deep you can go into each posture every time you practice. Your body is different every day and be patient your body will change over time.