

# Student of the Month: James Frew

OCT  
'17



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

I had wanted to try yoga but I was intimidated by the different studios and types. A colleague of mine started doing Bikram Yoga and could not say enough good things about it (she is an instructor now).

I decided to try a class and I have been practicing ever since...

## Q: How long have you been practicing?

I started in 2012 in a studio in Seattle. I have taken classes all over the country (when I travel) and even attended a class in Germany this past July - first pose in English, second pose in German.

## Q: How many days per week do you practice?

I currently go 2-3 days per week - but like most people, I would love to do more...

## Q: What is your favorite posture? and why?

My favorite posture is Camel Pose - I like it because it is challenging in a different way - seems more mind over matter - and I like the disclaimers on how you will feel, it sounds like you are taking a drug.

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

I work out regularly and I rarely have muscle soreness - my trainer attributes this to Bikram Yoga. I also like that for 90 minutes I don't check my email...

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

Telling people you do Bikram Yoga gives you instant street cred...

**“...I rarely have muscle soreness- my trainer attributes this to Bikram Yoga”**