

Student of the Month: Natasha Karasik

SEPT
'17



Q: Why did you decide to try Bikram Yoga?

Friend of mine had been talking about hot yoga while I had been doing gym for long time (didn't enjoy gym as much tho), tried and immediately fell in love!

Q: How long have you been practicing?

I have been practicing about 5 years.

Q: How many days per week do you practice?

I am trying to go as much as I can, 3 to 5 times per week

“...every practice will be different but you will feel and see how you change inside and out!”

Q: What is your favorite posture? and why?

My favorite posture is Standing Bow Pose because it has been struggle for me from the first day, it took me almost 2 years to get to balance on one leg. Every class this posture it is a challenge and never the same.

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

Answer to this question can be very long describing all benefits but shorten the answer to one: Bikram yoga brought to my life "balance and flexibility" mentally and physically.

I am so grateful to be a part of BYD and Love all my teachers who helped me to become better in my practice.

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

Come to try , be patient and open, listen to your body and mind...every practice will be different but you will feel and see how you change inside and out!