



Thank you for your commitment to your yoga and
Bikram Yoga San Jose!
You are a valued member and we congratulate you.

~ CREATING ~

Taking what is yet to exist and bringing it into manifestation.

~ EVOLVING ~

Taking what exists and improving potential.

In my ever-evolving practice, I will remember to:

- Slow down. Breathe.
- Breathe in and out from the nose slowly. This calm manner relaxes the mind and body during your 90-minute meditation.
- Practice stillness ~ breathe, hold, rest.
- Listen to and follow the dialog to get the maximum benefit from the posture and keep group energy strong. Doing my own thing in class is an unnecessary distraction.
- Be quiet in the yoga room before and after class.
- Inspire my neighbor.
- Take responsibility for the physical sensations, thoughts, and emotions that I experience.
- Change negative thoughts and words to positive ~ “I will try” instead of “I can’t.”
- Realize my own divine nature.
- Respect the teacher, yoga, and tradition.
- Acknowledge that small things count ~ greater awareness leads to careful thoughts and actions and circumstances that support my best interests.

Thank You.



Bikram Yoga San Jose

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