

ADA Educational Event: Bikram Yoga for Riders with Campbell-Urban

August 20, 2011 – Bikram Yoga San Antonio

The Strand at Huebner Oaks Shopping Center
11255 Huebner Rd., Suite 202, San Antonio TX 78230
<http://bikramyogasa.com>

Have you wanted to try Yoga but were afraid??? Here is an opportunity to try Bikram Yoga in a no pressure way with your fellow ADA members! Juniors are welcome too - you must be at least 14 years old to participate.

Rick Urban and Judy Campbell Urban are accomplished dressage riders, instructors and trainers who are also professional Bikram Yoga instructors.



Why Bikram Yoga?

Rick and Judy guarantee that a regular Bikram Yoga practice will change your life in the most wonderful ways including improving your riding! Some of the benefits include: burns body fat and elevates your metabolism, reduces stress, increases flexibility, builds strength and endurance, helps with back, neck, shoulder and knee pain, improves your posture, reduces risk of injury, and raises energy level.

Bikram Yoga is practiced in a heated room. The heat does the following: Enhances blood delivery to the muscles, speeds up the breakdown of glucose and fatty acids, makes muscles more elastic, less susceptible to injury, elevates your metabolism and burns fat more easily and increases detoxification.

Your goal for your first Bikram session is just to remain in the room – if you feel tired you are welcome to just lie down during class. However, always follow your doctor's orders and consult with your doctor if you are on any medications or have any known health issues.



Schedule of Events:

Class: 4:30pm

Discussion and snacks: 6:30pm

RSVP required: Arlene at arlenegaitan@att.net, 830-751-2151

Member cost: \$10

Non-member: \$20

If you feel nervous, scared or a little intimidated, no problem, many people feel that way initially. Just don't let it stop you from coming!

What do I need to bring with me?

1. Dress as if you were going to the beach – light, fitted exercise clothing work fine. Avoid baggy T-shirts and pants. A sleeveless top and shorts are best. Don't worry about shoes – you'll be doing your yoga barefoot.
2. Bring a change of clothes and a bath towel if you want to shower and change after class before the discussion.
3. Bring a yoga mat and towel if you have one (we can provide).
4. Bring a water bottle with you to class for water breaks. Be well-hydrated! Drink lots of water before coming to class.
5. Avoid eating 2-3 hours before class – yoga is always best practiced on an empty stomach. Some people however need to have a little something in their belly (such as a piece of fruit or an energy bar).
6. Come with an open mind. Be ready to laugh a little, maybe cry a bit, and to sweat a lot!

RSVP by August 13, 2011 to Arlene Gaitan, arlenegaitan@att.net or 830-751-2151.