

# WESTWOOD Bikram Yoga July 2008 [www.BikramYogaNJ.com](http://www.BikramYogaNJ.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9:30 amy 4:00 sara 6:00 natalie	<b>2</b> 6:30 caryn 9:30 caryn 5:30 danielle 7:30 danielle	<b>3</b> 9:30 natalie 12:00 jing 4:30 natalie 6:00 amy 7:45 amy	<b>4</b> 8:30 natalie 4:00 amy <b>INDEPENDANCE DAY</b>	<b>5</b> 8:30 jess 10:30 jess 3:00 amy
<b>6</b> 9:00 natalie 4:00	<b>7</b> 6:30 amy 9:30 natalie 11:30 sue 5:30 caryn 7:30 caryn	<b>8</b> 9:30 sara 4:00 natalie 6:00 amy	<b>9</b> 6:30 caryn 9:30 caryn 5:30 amy 7:30 amy	<b>10</b> 9:30 jing 12:00 natalie 4:30 amy 6:00 caryn 7:45 caryn	<b>11</b> 6:15 amy 9:30 natalie 4:00 amy 6:00 amy	<b>12</b> 8:30 jess 10:30 jess 1:00 jackie 3:00 jackie
<b>13</b> 9:00 natalie 11:00 amy 1:00 jackie 4:00 jackie	<b>14</b> 6:30 amy 9:30 amy 11:30 natalie 5:30 caryn 7:30 caryn	<b>15</b> 9:30 sue 4:00 natalie 6:00 amy	<b>16</b> 6:30 caryn 9:30 caryn 5:30 danielle 7:30 danielle	<b>17</b> 9:30 jing 12:00 natalie 4:30 6:00 amy 7:45 amy	<b>18</b> 6:15 amy 9:30 natalie 4:00 amy 6:00 amy	<b>19 syd bday</b> 8:30 jess 10:30 jess 1:00 jackie 3:00 jackie
<b>20</b> 9:00 natalie 11:00 sara 1:00 jackie 4:00 jackie	<b>21</b> 6:30 amy 9:30 thara 11:30 sara 5:30 caryn 7:30 caryn	<b>22</b> 9:30 sara 4:00 natalie 6:00 amy	<b>23</b> 6:30 caryn 9:30 caryn 5:30 amy 7:30 amy	<b>24</b> 9:30 jing 12:00 natalie 4:30 amy 6:00 thara 7:45 thara	<b>25</b> 6:15 amy 9:30 natalie 4:00 amy 6:00 thara	<b>26</b> 8:30 jess 10:30 jess 1:00 amy 3:00 amy
<b>27</b> 9:00 natalie 11:00 amy 1:00 thara 4:00 thara	<b>28</b> 6:30 amy 9:30 amy 11:30 sara 5:30 caryn 7:30 caryn	<b>29</b> 9:30 sara 4:00 thara 6:00 amy	<b>30</b> 6:30 caryn 9:30 caryn 5:30 danielle 7:30 danielle	<b>31</b> 9:30 jing 12:00 natalie 4:30 natalie 6:00 amy 7:45 amy		

## STUDENTS - Simple Guidelines for Peaceful Yoga Practice

1. The Back Left row in the yoga room is reserved primarily for New Students.
2. Respect other students as you would expect them to respect you
3. Be Aware of your Body Odor... Examples of Smells that are not welcome in the studio include Strong Perfumes, Colognes and Cigarette ashtray smells.
4. No Cell phones in the yoga room, Emergency pagers on vibrate
5. No bags in the yoga room it is dangerous for the teachers who trip on them... (valuables should be left at home or in your car)
6. Please - No Hand or Foot/Ankle prints on our walls or mirrors use the balance bars if you need assistance.
7. If you sweat a lot, you must use EXTRA towels and/or TWO yoga mats. All you "Sweaters" know who you are, please be hygienic and do not "ring out" your washcloths or pour water over your head... In case you haven't noticed, it makes our carpet very wet and is un-hygienic. To all those that this applies to, Please do not make us remind you, simply look down after class and see if you leave a "sweat patch" – use your initiative and take appropriate steps to contain your sweat.
8. Sign in before class
9. Remember, people are meditating before and after class so if you would like to talk you are welcome to speak as freely as you like in our RECEPTION AREA.
10. Clear Fluids only are to be brought into the yoga room.
12. Remember, your mother does not work at our studio... Please, Please, Please pick up after yourself -
11. Smile and Breathe



Namaste'

Bikram Yoga – Westwood