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I think I have a love/hate relationship with the newly opened Bikram Yoga Studio in Vernon...I have to admit during the first few classes, I had to resist the urge to run out of the room and NEVER come back(the hate part). But I came back the next day and the day afterward and continue to practice Bikram Yoga (the love part).

I am going on day 14 of my new Bikram Yoga practice and I can feel an amazing transformation starting to occur inside and out.

For me, Bikram represents so many things: courage, perseverance, focus, patience and release...that letting go part that has become so significant to me lately...

What counts is my 90 minutes on the mat and listening to my teacher telling me to breathe, and eventually everything will fall into place (will I ever be able to touch my forehead to my knee or keep that standing leg locked?) It's amazing how time spent on a yoga mat and sweating in a hot room and trying to hold a pose has become a metaphor for where I am at in my life...

Bikram yoga has become significant for me, it's become the constant in my life, it's the one thing I can rely on at the moment, it's just there...the 26 poses that come back day after day challenging me to breathe, focus and not give up.

Thank you to the owners of Bikram Yoga Vernon, Dionne and Adam and teacher Jeremy for having the heart and courage to open a studio in Vernon.

Namaste,

Joanne Joly