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PREMIER ISSUE

# Paradise Valley

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L I F E S T Y L E <sup>TM</sup>

## HISTORY OF ARIZONA'S CRAFT BREWERIES

TAKE A TRIP TO SCOTTSDALE WINE COUNTRY  
**PARADISE VALLEY PRESCHOOLS GO GIFTED**  
UNWANTED PETS FIND HOME



# Bikram Yoga

MORE THAN A FITNESS PLAN

AUTHOR CHRIS MADAY SCHMIDT  
PHOTOGRAPHY P.A. MOLUMBY

You've likely heard people talking about Bikram yoga, but you may not be sure what it's all about. Popularized in the early 70s, it's a therapeutic beginner's system of Hatha yoga designed to work every muscle, joint, tendon, organ, ligament and gland. Also referred to as hot yoga, the 90-minute discipline takes place in a room heated to 105 degrees and set to 40 percent humidity. The high temperature helps to reduce the possibility of injury, as well as allows students to go deeper into the 26 postures and two breathing exercises.

The practice of Bikram yoga provides numerous health benefits, both physical and mental. It works deeply to penetrate every part of the body – from bones to skin and fingertips to toes, including the sleep-wake cycle, endocrine system and digestion. Oftentimes, instructors tell students the postures are designed to cause a “mini heart attack” in the hot room, in order to prevent them from suffering “the big one” outside of the studio.

In addition, regularly performing Bikram yoga benefits those



who suffer from migraine headaches, asthma, allergies, mild depression and insomnia, and prevents and/or slows the progression of arthritis. Camel pose (a signature posture) is referred to as “the healer of the spine.” Bikram yoga also tones and trims the waistline, firms the thighs and buttocks and is, for many students, the go-to for overall resistance and cardio training.

Beyond the physical, the practice of Bikram yoga teaches you how to control your “monkey mind” and to find your breath through moving meditation.

Choudhury Bikram, the founder of Bikram yoga, states, "In the torture chamber of my class, you will find a beautiful light, and the source of that light is within you." This holds true both in and out of the classroom.

At Paradise Valley's Bikram Yoga AZ, located at 13637 N. Tatum Boulevard, the mission statement promises that while in class "you will be motivated, inspired, and challenged to exceed your expectations and discover a strength you may have not known possible." With more than 75 classes offered between its two locations and several packages for new members to choose from, BYAZ is a wonderful place to begin your transformation from the inside out.

Heidi Brown, a student at BYAZ for the past four years, says she started practicing to lose weight but ended up with many other positive results including improved focus, a healed sciatic nerve, clearer skin and deeper sleep.

According to Brown, "One of the greatest things I've learned...is some semblance of patience. And I have replaced bad habits with good ones. Bikram yoga has been a lifestyle change for me."

Sue Ellner, BYAZ's August student-of-the-month, shares, "It's amazing and addicting in an unbelievably good way." She says her body is more flexible, and simple aches and pains are no longer there. "Bikram yoga is a 'makes sense' structure and yet different each time I practice," Ellner marvels.

Before starting any exercise program, consult your physician. Although Bikram yoga is a beginner's class, it's not easy. But if it is right for you, it's impossible to put a price on the health benefits you'll gain. It's more than a fitness plan – it's a way of life.

Visit [BYAZyoga.com](http://BYAZyoga.com) for more information.



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# Cheers!

## RECONNECTING WITH THE PAST

AUTHOR CHRIS MADAY SCHMIDT

When I was growing up, most family traditions revolved around the holidays, while others just *were*—like Sunday night pizza and root beer floats with my mom over a rousing game of Boggle. Over the years, I've attempted to launch my own rituals. Some have stuck, while others have quickly lost their appeal. However, there's one tradition that began with very little effort over a glass of wine.

A few years ago, a childhood girlfriend of mine posted on Facebook about patronizing a new wine bar built on the site of a former five and dime landmark in the middle of our old neighborhood. With a trip already planned to visit family in the Midwest, I saw this as the perfect opportunity to reunite with her over drinks at that historic spot.

I recall sitting on a high stool at a table near the bar's large picture window, enjoying an unobscured view of the season's first snowfall blanketing the outdoor patio and city streets—the flakes glistening in the traffic lights as they swirled through the air. That moment elicited a magical feeling within me. The atmosphere, in addition to the spirits warming my insides, created an intimacy ideal for a long conversation between childhood friends.

Although the two of us shared many of the same classes throughout our 12 years of school, we went our separate ways after graduation. But there, in the cozy confines of the bar—candles flickering on the tables and the glow of the fireplace casting shadows on the walls—the two-dozen-plus years and our differences melted away like the snow on the streets. That night, over a few

glasses of wine, we patched up a misunderstanding from long ago and rekindled our friendship.

For the past three years during my visits home, my girlfriend and I have been meeting at that same bar for our evening of wine and conversation. What has turned into our favorite stomping ground—Riverview Wine Bar in Minneapolis, Minn.—touts over 100 wines from a list that “meanders the globe, from France to Chile, South Africa to California, New Zealand to Italy.” The bar also stocks more than forty bottled beers from nearly as many locations. How wonderful to travel only 1,700 miles from my home in the Southwest to sample a myriad of libations without leaving the country, while reconnecting with a part of my past every time.

After our initial get-together that snowy November evening, my girlfriend and I opened up the invitation for anyone else from the old neighborhood to join us. Depending on the weather, we've welcomed up to a dozen old—and new—friends each visit. Without trying, meeting at the wine bar has become a treasured ritual. It's something I look forward to—count on even—during each trip back.

Whether it's a group of friends or simply the two of us sharing drinks and laughter and swapping stories, I have no doubt my girlfriend and I will continue the tradition of meeting over drinks for years to come, either at Riverview Wine Bar or another new haunt. After all, as Thomas More once wrote, *What though youth gave love and roses, age still leaves us friends and wine.*

Shall we save you a seat?