

*Lees bij de volgende teksten steeds eerst de vraag voordat je de tekst zelf raadpleegt.*

## Tekst 10

### Bikram Choudhury gets caught in a legal tangle

BY SALLY POOK

IN the peaceful and harmonious world of yoga, lawsuits are about as rare as a teacher laughing at your tree pose.

But litigation has brought discord to the brave new world of Bikram Yoga, the sweaty version of the ancient Indian discipline, practised in mirrored rooms in sweltering heat.

Created by Bikram Choudhury, 57, the yoga style has won fans among celebrities such as Madonna, Raquel Welch and Serena Williams, and is claimed to have curative qualities.

Mr Choudhury, one of America's best-known yoga masters, who practises in Beverly Hills, recently copyrighted, trademarked and franchised his set of 26 poses. He has sent a flurry of "cease and desist" letters, warning people not to teach his style or anything derivative unless they

have graduated from his training programme and paid a franchise fee.

This has angered many US yoga teachers. A California-based group of them, the Open Source Yoga Unity, is suing Mr Choudhury, claiming that yoga is a 5,000-year-old tradition that cannot be owned. The lawsuit asks a judge to determine whether he is entitled to copyright his material.

"We are not disputing that Mr Choudhury did something creative and useful in putting postures together in a certain order," said Elizabeth Rader, a copyright attorney representing the group.

"Our belief is that you can't treat the poses as private property. We want this clarified. Right now, people out there are trying to teach yoga and they are not sure what is going to get them sued."

Jacob Reinbolt, the lawyer who helped to copyright Bikram Yoga, said: "We are not talking about copyrighting the individual steps, but the selection and arrangement of steps."

He compared it to the choreography of a ballet.

Mr Choudhury, a former yoga champion in his native India, has seen the number of Bikram studios in America grow from 10 in 1996 to about 600 today. The first in Britain opened four years ago, and about 20 teachers now instruct on the discipline in this country.

Helen Currie, who opened her studio, Bikram Yoga Chiswick, in west London, a year ago, said of the copyrighting: "He is just trying to keep the yoga professional and pure, well-taught and well-managed. He doesn't want anyone just going off and teaching it."

"His 26 positions are unique. He is not saying you can't teach the positions. He is just saying, 'Don't call it Bikram – don't teach Bikram style unless you have done the proper training'."



**Bikram Yoga: its creator has copyrighted his set of 26 poses**

*Daily Telegraph*

# Eindexamen Engels vwo 2006-II

havovwo.nl

---

*Lees bij de volgende opgaven steeds eerst de vraag voordat je de bijbehorende tekst raadpleegt.*

## ■ Tekst 10 Bikram Choudhury gets caught in a legal tangle

“Bikram Choudhury gets caught in a legal tangle” (kop)

<sup>1p</sup> **39** □ Welke vraag is aan de rechter voorgelegd in een proces tegen Bikram Choudhury?