

Bikram's Yoga College of India – Bloomington

Herb Kearse and Laiki Huxorli, Directors

We are building a community that promotes individual health, shared happiness, and planetary balance through the mindful practice of Bikram Yoga.

preparing for class

Welcome to Bikram's Beginning Yoga Class!

Sweat, stretch, laugh! Do more for your body, mind, spirit, and general well-being than you ever imagined possible. No prior yoga experience necessary.

- **Allow at least two hours after eating** before starting your class, especially if you've eaten a full meal. It's best to practice yoga on an empty stomach.
- **Dress lightly and comfortably.** Women wear tank tops or T-shirts with shorts, or leotards. Men wear shorts or swimsuits...no heavy clothing necessary.
- **Bring a yoga mat, beach towel, and drinking water.** If you prefer, towels and mats can be rented and bottled water is available for purchase.
- **Please be prompt.** Sign-up is closed five minutes before class starts. First-time students should arrive at least 20 minutes early, so your teacher can introduce you to Bikram Yoga and the studio.
- **Expect to work hard and sweat.** The room is heated to help the muscles relax and promote deeper, safer stretching. (Yes, we do have showers!)

rates

New Client Introductory Offers

(choose either one – or do them both)

First Class with "The Works" \$20

Includes mat/towel rental, bottled water, & a 2nd class free within 48 hrs.

The Running Start Special \$99

One month (30 consecutive days) of unlimited yoga – 1st package only

Single class \$18

Class Packages

5 classes (valid 2 months, \$15/class) \$75

10 classes (valid 3 months, \$12/class) \$120

15 classes (valid 4 months, \$11/class) \$165

30 classes (valid 6 months, \$10/class) \$300

"Extra Time" 10-Pack (valid 1 year, \$14/class) \$140

Unlimited Classes

1 Month Unlimited \$139

3 Month Unlimited \$359

6 Month Unlimited \$679

NEW! AutoPay Direct Debit – per month \$99

(12 month minimum commitment)

For your convenience...

Yoga mat rental \$2

Towel rental \$1

Bottled water \$1

plus...yoga books, mats, Yogitoes™ towels, and more!

No refunds. Expired class packages may be reactivated (fees and conditions apply). **Packages cannot be shared.**

Rates and class times are effective as of 1 April 2008 and are subject to change without notice.

class schedule (through December 2008)

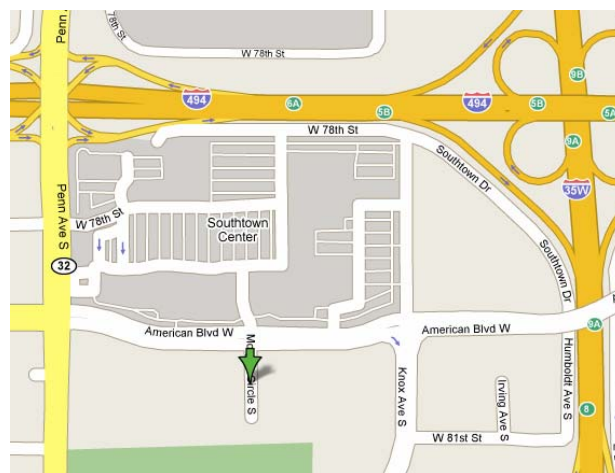
Classes are 95 minutes and are open to all levels. No reservations necessary – first come, first served. Sign-up closes five minutes before class starts. New to our studio? Please arrive 20-30 minutes early.

	Mo	Tu	We	Th	Fr	Sa	Su
AM	9:30	6:30 9:30		6:30 9:30	9:30	8:30 11:00	11:00
PM	5:30	6:30	4:30 7:00	6:30	5:30		2:00

Class times may change on and around holidays – visit www.bloomingtonyoga.com or call 952-888-9642 to confirm.

directions

Bikram Yoga Bloomington is conveniently located in the Morgan Circle shopping center, just south of Southtown Mall on American Blvd. and minutes from the 494 and 35W freeways. Plenty of free parking!



From the West: 494 East to Exit 6A, Penn Ave. Right on Penn to second light, American Boulevard. Left on American Blvd. to Morgan Circle (first light, just past Wendy's). Make a right into the Circle – we're straight ahead.

From the East: 494 West to Exit 6A, Penn Ave. Left on Penn to American Boulevard. Then follow West directions above.

From the North: 35W South to Exit 9B, 494 West. Exit immediately (from on-ramp) at 6A, Penn Ave. Left on Penn to American Blvd., then follow West directions above.

From the South: 35W North to Exit 8, 82nd St.. Left on 82nd St. to Knox Ave. (first light). Right on Knox to American Blvd. Left on American Blvd. to Morgan Circle (first light, just past Red Lobster). Make a left into the Circle.

By Bus: Several lines stop near the studio. Transit info: 612-373-3333.

contact us

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