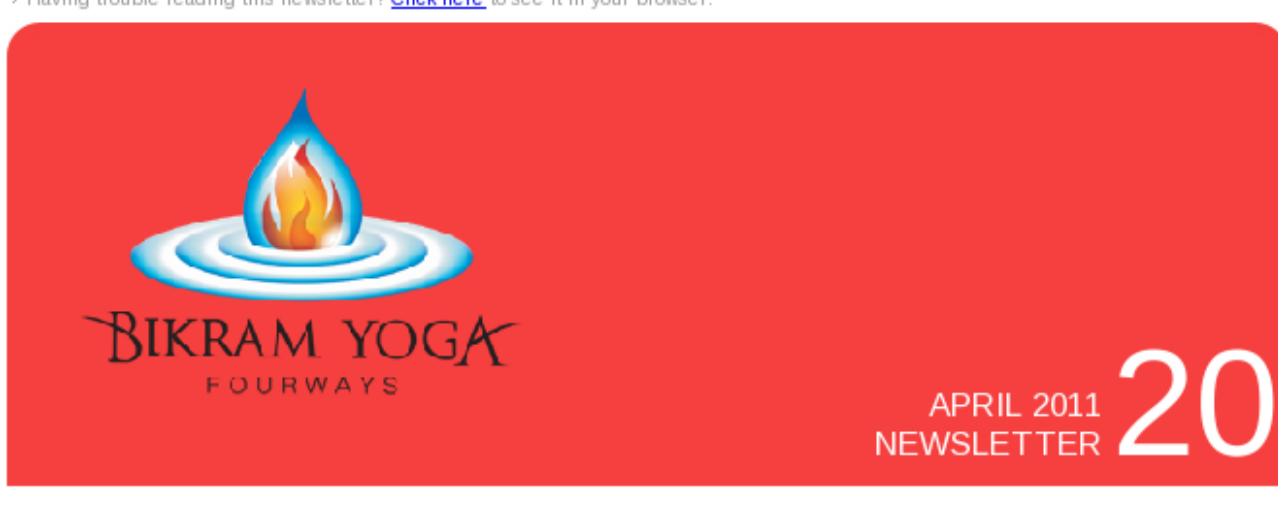


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Inspirational Quote:

95% of yoga practice is just showing up to practice Bikram Choudhury

Dear

As most of you know we have been very busy the last couple of weeks arranging **Bikram Choudhury's**, first ever visit to **South Africa** and lecture, he is the founder and creator of the 26 postures in a heated room. As the official organizers of the event we are very glad to say that it was a great success. Bikram's talk was very inspiring, honest, and knowledgeable. It encouraged us all to have a good hard look at ourselves and how we lead our lives. Bikram shared many words of wisdom and spoke about the importance of a daily practice. He says when you love yourself you will make the time to take care of yourself as you are the number one most important person in your life. He says it does not matter who you are or what you do, all that matters is you show up daily on your mat in front of the mirror and lock your knee. When you are thinking so deeply about locking your knee, you then forget about all your problems in your life. We also need to keep our mind and body healthy in order to then connect to our spirit as we then realize who we truly are, all divine beings, all connect, all one!

Conclusion... just do yoga and we will all lead happier and more fulfilled lives. We would like to sincerely thank all the students that supported us in making this event possible.



> **IN THIS ISSUE**



APRIL SCHEDULE

WE ARE OPEN DURING THE EASTER BREAK!

Holiday time is always a great time to do more yoga. Bring your friends and family along as we always love to share this yoga with them too.

Please visit www.bikramyogafourways.co.za to view our Easter Class Times.



HEALTH TIP – Our bodies need electrolytes and minerals in order to have a successful yoga practice. Ensure that you are replenishing your body adequately after every class. Also ensure that you are not drinking too much water that will then flush the body of essential minerals and electrolytes. Great products to replenish your body and to hydrate you efficiently before and after class are H3O Pro, Sole Soul Water and VitaminWater which is all for sale at the studio.



FILM SHOOT

Now is your chance to be a Bikram Yoga Super Star. We are looking for 20 wonderful volunteers for our Bikram Yoga Class Shoot.

Happening at the studio, 7 May 2011.

In exchange for your time and effort we will be giving you **TWO YOGA CLASSES** and will be ever so grateful.

If you are interested please let us know as soon as possible, email us at info@bikramyoga4ways.co.za or call the studio on 011 465 5777.



OUR STUDIO & BIKRAM YOGA TEACHER TRAINING

As you know at **Bikram Yoga Fourways** we proud ourselves of being the most authentic and pure Bikram Yoga Studio in the whole of Africa. During **Bikram Choudhury's** visit in Johannesburg he graced the studio with his presence and was in total awe of how beautiful our studio is and how well our heating system runs. He gave the studio, teachers and all the students all his blessings which was a wonderful honor.

Our teachers teach a pure dialogue based class ensuring that you are taught in the purest and most real form of yoga. They have all gone through a vigorous nine weeks of training with Bikram himself and know what it means to be challenged on all levels.

If you would like to be a part of this amazing experience and become a part of our team of amazing Bikram teachers visit www.bikramyoga.com and learn more about the Teacher's Training Course, which happens twice a year in the USA.

As the next **Teacher's Training Course** begins 17 April – 18 June 2011 we would like to wish all the new teachers to be an amazing experience and the best of luck as they embark on this life changing experience.



Bikram Yoga Fourways strives to create a warm and an encouraging environment for all students so that each student can work at their own pace and achieve the many benefits that **Bikram Yoga** has to offer. In our ongoing efforts to improve our studio, we welcome all comments and suggestions from students and teachers. Thank you for joining us and we hope to see you and your family and friends in class for many years to come!



"Whether one believes in a religion or not, and whether one believes in rebirth or not, there isn't anyone who doesn't appreciate kindness and compassion."

- Dalai Lama



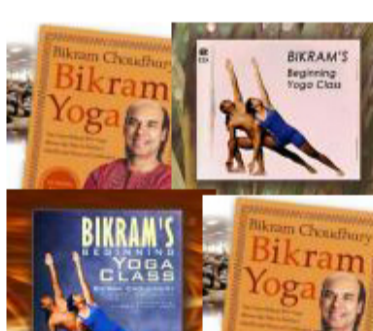
WORKING OPPORTUNITY AT THE STUDIO

We are currently looking for two positions:

- 1. Trade Workers** - We offer you yoga classes in exchange for shift work at the studio
- 2. Receptionist** – We are currently looking at hiring an evening receptionist who loves

yoga and life.

If you are seriously interested in any of the above positions kindly email Tamara at tamara@bikramyoga4ways.co.za as these positions need to be filled **urgently**.



YOGA BOUTIQUE

We have new wonderful Bikram goodies in stock:

- Bikram Beginners Class CD – great for the holidays
- Bikram Beginners Yoga Book
- Rajeshree's Pregnancy DVD
- Bikram Yoga Water Bottles

Visit the studio, **as stock is limited!**

AND... LAST BUT NOT LEAST



GIFT CARDS AVAILABLE AT THE STUDIO

What better gift than the gift of love, the gift of yoga to a loved one for any and every occasion - Birthday, Anniversary or to simply say thank you?

Gift Cards are available for all our Yoga Class Passes, Yoga Boutique (yoga clothing, mats and accessories) and Therapy Treatments.

Come in today and by someone you love the perfect gift.



VITALITY – DISCOVERY POINTS

Why go anywhere else when you can earn your 150 Vitality points simply by coming to practice a Bikram yoga Class every day?

Yes, that's right, come to Bikram Yoga everyday and you can earn 150 Vitality Points simply by adding your Membership Number, ID Number and Cell Phone number into the Vitality Machine every time you come to class



IN CLOSING

Finally, if you're new to the Bikram practice, keep coming! If you have questions, be sure to speak with any of our friendly and supportive instructors after class. We encourage you to make this yoga part of your daily routine.

We are committed to growing our amazing community and in serving you with the best yoga we know best – Bikram Yoga! Thank you for taking the time in reading this month's newsletter. We trust that you are inspired and we look forward to seeing you in the hot room. Yoga will change your life one class at a time!

We wish all our religious clients a wonderful Easter and Passover.

Safe travels to those of you who are taking a break and we look forward to having you back in class soon.

In Love, Light & Gratitude

Namaste!
(Namaste in Me Honors & Acknowledges the Divine in You)
Tamara Markatselis (Studio Owner)

> [check our website](#) for additional information

MIND BODY SPIRIT EXPERIENCE

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