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FEBRUARY
THE MONTH OF LOVE

Inspirational Quote

“Love is an energy. You can feed it to people, and they in turn feed it to others, and eventually it comes back.” — **Hill Harper**

Welcome ▾

Dear

February is the month of love and at Bikram Yoga Fourways we would like to share more of that with you and your loved ones. We invite you to read this month's newsletter filled with loads of exciting Specials, Information, News, Tips and much more...

Follow us on our **NEW Facebook page** - [Click Here](#)

News ▾



BIKRAM CHOUDHURY IS COMING TO SOUTH AFRICA

BUY YOUR TICKETS TODAY

We invite you, your family and friends to come and experience a truly unique and exciting opportunity to meet **Bikram Choudhury**, the founder of the 26 Postures, as he gives a lecture on his philosophies of yoga, philosophies of life and healing powers of **Bikram Yoga**.

This is a once in a lifetime opportunity to meet the master himself and to be inspired in all areas of your life. He is a true master that has changed lives all around the world on a daily bases. He is sure to change your life too!

Everyone is welcome to the lecture no previous yoga experience required, only an open mind and open heart!

VENUE:	Monte Casino Ballroom Montecasino Boulevard Cnr William Nicol and Wit koppen Fourways, Sandton Johannesburg
DATE	Wednesday 6th April 2011
TIME:	6:30 for 7PM TO 10PM
TICKET PRICE:	R650- Per Person

Book signing to follow the lecture

Enquiries & Bookings contact the studio on **011 465 5777** or email events@bikramyoga4ways.co.za

Gift Cards for the Bikram Lecture and Yoga Class are available for purchase at the studio.



HEALTH TIPS FOR THE BIKRAM YOGA CHALLENGE

It is very important to take good care of yourself when practicing yoga regularly and especially during the challenge. Here are a few tips that are sure to help:

- **Keep yourself well hydrated by drinking a minimum of 2L of water per day**
- **It is vital that your body has electrolytes, vitamins and minerals - speak to your doctor about supplementing with good vitamins and minerals**
- **The products for sale at the studio - H30 Pro, VitaminWater and Soul Sole Water are a great source of electrolytes**
- **Eat a well balanced and wholesome diet**
- **Get a good nights rest between 6 to 8 hours**
- **Shower after class as this helps to revitalize and cleanse the body**



SOLÉ WATER

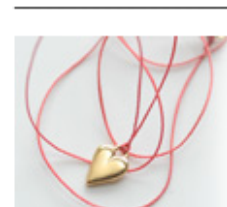
Robyn MacLennan, Entrepreneur and mother, found her divine purpose in her deep need to give back to our Earth and return water back to its original state of purity and nourishment. Through years of scientific research ... **Solé Water™** was borne.

Water that Revives, Restores, Renews™ - as nature intended. **Solé Water** uniquely undergoes a 7 stage process wherein it is revitalised by dispelling all negative impurities and then re-charged. It is revived with Himalayan Crystal Salts to bring the water back to its original pure state. It contains 84 electrolytes and has been approved by the Medicines Control Council!

Solé Water will revive your energy levels; provide effective hydration; allow oxygen to flow; balance pH-levels and blood pressure; cleanses; nourishes; speeds up the healing process and gives you renewed health and wellbeing.

Solé is an electrolyte hydration solution, a 'Complete Water' capable of restoring the body's self-cleaning ability to rid toxins on a molecular level - thus restoring harmony to the body.

Bikram Yoga Fourways are proud stockists Sole' Water



ANGEL HEARTS

The shining heart symbolizes the love and compassion inherent in each of us. The little seed of love sits around your neck and keeps you company through out your day. It serves as a reminder that we have a choice to act from a place of compassion in each moment. The pendant sits on a slice of gold card (9cm x 9cm). It is conveniently packaged and fits into a standard postage envelope- perfect for mailing to a friend.

We believe in sharing our abundance with others. Although we are not a charity organization, a minimum of 10% of our NET profits are donated to worthwhile causes because it makes our hearts feel good!

My Gold Heart offers a range of beautiful coloured threads to complement your gold or silver heart. We have a beautiful variety of Heart and Peace Sign pendants for sale at the studio.



GIFT CARDS AVAILABLE AT THE STUDIO

THE PERFECT VALENTINES GIFT

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

Gift Cards are available for all our Yoga Class Passes, Bikram Seminar, 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

Get exposure ▾

Advertise with us

One of our many missions at **Bikram Yoga Fourways** is to create a community and what better way to do this than using us as a platform for you to network within our community.

We are now offering you the incredible opportunity to advertise with us on our newsletters and website. Whether you are a small or big business this is a wonderful opportunity for you to increase awareness of your business through our clients.

For more information on how to advertise with us please [click here](#)

Good bye ▾

In Closing

Finally, if you're new to the **Bikram practice**, keep coming! If you have questions, be sure to speak with an instructor 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 - **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!

Your feedback is very important to us and we would love to hear from you.

In Love, Light & Gratitude
Namaste'

(The Love in Me Honors & Acknowledges the Divine in You)

Tamara Markatselis (Studio Owner)



MIND BODY SPIRIT EXPERIENCE

We would love to hear from you:

www.bikramyogafourways.co.za
info@bikramyogafourways.co.za

Follow us

Shop 222, 2nd Floor, The Design Quarter, Cnr Lesley Ave & William Nicol Drive, Fourways
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