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Inspirational Quote

"There is only one way and that is the right way!"- **Bikram Choudhury**

Welcome ▾

Dear

Yoga lightens up our perspective on life and how we live it. What choices we make and path we follow. Yoga makes us more open to the beauty and blessings that life has to offer us. Allow yourself the gift of yoga and the gift of a new way of life.

We invite you to read **this month's newsletter** filled with loads of exciting **Information, News, Tips and much more...**

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

News ▾



OPEN DAY AT BIKRAM YOGA FOURWAYS

We invite you to join us and experience an open house day at **Bikram Yoga Fourways**. Enjoy a day with our knowledgeable teachers and staff where we will be informing you about the amazing benefits of Bikram Yoga, how it works and what this exciting yoga practice is all about.

TRY OUT A FREE BIKRAM YOGA CLASS ON THE 12TH MARCH 2011 AT 8:30 AM OR 4:30 PM ALL BEGINNERS ARE WELCOME

VENUE: Shop 222, 2nd floor - Design Quarter – cnr Leslie Avenue & William Nicol Drive, Fourways

DATE: 12th March 2011

TIME: 8am – 6pm

ENQUIRES & CONTACT DETAILS

TEL: 011 465 5777

MAIL: info@bikramyoga4ways.co.za

SITE: www.bikramyoga4ways.co.za

AS BIKRAM SAYS,

"it's never too late, it's never too bad, you're never too old, you're never too sick to start from scratch once again, to be born once again."



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 Witkoppen
Fourways, Sandton
Johannesburg

DATE TIME: Wednesday 6th April 2011
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.



CONGRATULATIONS ON THE 28-DAY BIKRAM YOGA CHALLENGE

It has been so encouraging hearing such fantastic feedback and satisfying to know that the challenge students are continuing with their regular practice. Practicing regularly means you will get the best out of your investment into nourishing your mind, body and soul and help you cope better with your daily stresses and duties.

Congratulations to all the **incredible Yogis and Yoginis** that completed the **28-Day February Challenge**, you are a true inspiration for us all.

- Bernice Ackermann
- Aris Basmadjian
- Liana Basson
- Annie Becht
- Karen Blair
- Suzann Gell
- Portia Gibbs
- Julie Govender
- Lorna Greig
- Candice Kernot
- Vukani Magubane
- Catherine Mather-Brown
- Nicola Meltzer
- Olwetu Molose
- Anu Naido
- Vivian Reddy
- Nilan Saydah
- Leena Sinha



POSTURE OF THE MONTH PRANYAMA: STANDING DEEP BREATHING

Benefits

- Good for lungs and respiratory system
- Helps with mental relaxation
- Helps high blood pressure
- Relieves irritability
- Good for detoxification
- Exercises nervous, respiratory and circulatory systems



GIFT CARDS ARE NOW AVAILABLE

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?

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 Divine in Me Honors & Acknowledges the Divine in You)

Tamara Markatselis (Studio Owner)



MIND BODY SPIRIT EXPERIENCE

We would love to hear from you:
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Follow us

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