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Get In Touch:  
[info@bikramyogafourways.co.za](mailto:info@bikramyogafourways.co.za)



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Wednesday, 12th January 2011

### Inspirational Quote

"The new year is a time to boldly take the first steps toward your best future."

Welcome ▾

### Dear

**Happy New Year and Welcome to 2011!!!** We trust that you have had a well deserved rest and enjoyed your quality time with loved ones. May 2011 be a year that you realize your true potential, may you achieve your greatest dreams and may you love unconditionally!

A new year brings with it excitement of all the endless possibilities and opportunities for the year ahead. At Bikram Yoga Fourways we would love to be a part of that journey with you in keeping up with a consistent and committed yoga practice.

We invite you to read this **month's newsletter** filled with loads of exciting **information, news and tips...**

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**. Bikram will also be teaching his **FIRST CLASS EVER in South Africa** - do not miss out on the most exciting, inspiring and challenging yoga class in the **WORLD!!!**

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 and yoga class, no previous yoga experience required, only an open mind and open heart!**

**Lecture Tickets are R650- each**

*And or*

**Bikram Yoga Class Tickets are R400- each**

Get more information and purchase your tickets by visiting: [www.bikramyogafourways.co.za](http://www.bikramyogafourways.co.za)

**Gift Cards** for the Bikram Seminar are available for purchase at the studio.



**STARTING 1st February - 28th February 2011. DO NOT MISS OUT!!!**

Here are **5 reasons** why you should do the **Bikram Yoga Challenge**:

1. It will change and improve your mind, body and spirit
2. Improve your yoga practice and take your practice to a whole new level
3. Aid in weight loss and relieve stress and tension
4. Improve general health as your body functions at it's optimal level
5. Sustains a positive mind and life style as you create a new habit by practicing regularly

**Email us today** at [info@bikramyoga4ways.co.za](mailto:info@bikramyoga4ways.co.za) to put your name on the list.



### STUDIO ETTIQUE & USEFUL TIPS

For your convenience and enjoyment of your yoga practice we have placed four black lines on the studio floor. Kindly ensure that you place the top of your mat on the line. The room then fills up with the more experienced practitioners in the front rows and the beginners behind.

**We recommend** you book on line for classes by going to our website

[www.bikramyoga4ways.co.za](http://www.bikramyoga4ways.co.za), go to "Info" and click on "**Book for Class**", it then takes you to a new website where by you will need to create your own user name and password and then it will allow you to book for your class. You will still need to sign in at the front desk to ensure your attendance for class however it will guarantee you a spot in class. **Booking on line takes a maximum of 20 students** there after you will not have access to book online. At the studio it works on a first come first serve basis so aim to arrive sooner for your practice.

Ensure that you are very well hydrated before your class, having had around 2-3 liters of water before class and then replenishing yourselves after class with an H3O Pro rehydrate supplement, VitaminWater or regular water which is all for sale at the studio. This will ensure that you have a strong practice without feeling dizzy, head achy, nauseous or faint.

**We trust the above tips will make your experience at the studio more enjoyable!**



### STUDENTS & PENSIONERS PRICES

**CALLING ALL STUDENTS & PENSIONERS TO COME PRACTICE**

Student and Pensioners are welcome to practice at a discounted rate.

Drop in Class (Single Class) **R80-**

10 Class Pass (Valid for 5 Months) **R630-**

1 Month Unlimited Pass **R650-**



### 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, St Valentines 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.



Discovery  
*Vitality*

### 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

We look forward to a wonderful year with you as we grow from strength to strength and spread the love of yoga through you to your families, friends and communities. Your support and commitment to your practice is what allows us to change lives everyday - **THANK YOU!**

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:  
[www.bikramyogafourways.co.za](http://www.bikramyogafourways.co.za)  
[info@bikramyogafourways.co.za](mailto:info@bikramyogafourways.co.za)

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