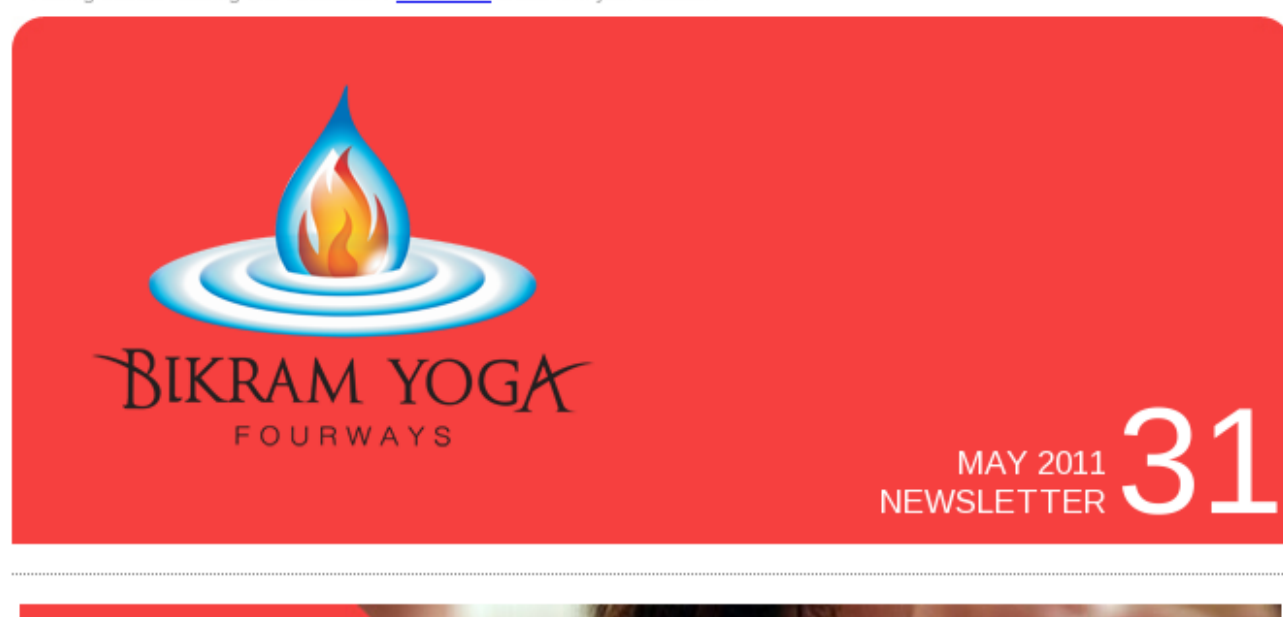


# Winter is Hot at Bikram Yoga Fourways!

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## Inspirational Quote:

"We are stronger than we think we are. We have courage that we do not recognize until we need it. We are equal to challenges that we haven't even imagined yet."

— Peter Buffett

Dear ,

We trust that this newsletter finds you well and in good health and spirit. Another wonderful winter month in Africa, where the sun shines, days are warm and we have Bikram Yoga to keep us even warmer. We hope that this month's Newsletter will inspire you and connect you to your Bikram practice and our community. As you know we are always up to something at the studio with never a dull moment. We invite you to read this month's newsletter filled with loads of **exciting Events, Information, News, Tips and much more...**



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## > IN THIS ISSUE



**LET'S PARTY!**

You are hereby cordially invited to Bikram Yoga Fourways birthday celebration. For this momentous occasion we will be doing a Bikram Yoga Class in Style. Dress code is Fancy: if we recognise you, you will not be allowed to participate! Gorillas, ballerinas, pirates and statesmen are all welcome. Best dressed wins a one month unlimited package. More prizes and fun for everyone. A cover charge of R20 will be donated to charity, and snacks will be served for your enjoyment afterwards. Come celebrate with us!

**Date:** Friday 11th of June 2011  
**Venue:** Bikram Yoga Fourways  
**Time:** 16:30PM  
**Class starts** at 17:00PM

**Book your Spot Today We Don't want you to Miss out on all the fun!!!**

Enquires & Booking details:  
Tel: 011 465 5777  
E-mail: [info@bikramyoga4ways.co.za](mailto:info@bikramyoga4ways.co.za)  
Website: [www.bikramyoga4ways.co.za](http://www.bikramyoga4ways.co.za)

## PARTY TIME

You are hereby cordially invited to Bikram Yoga Fourways birthday celebration. For this momentous occasion we will be doing a Bikram Yoga Class in Style. Dress code is Fancy: if we recognise you, you will not be allowed to participate! Gorillas, ballerinas, pirates and statesmen are all welcome. Best dressed wins a one month unlimited package. More prizes and fun for everyone. A cover charge of R20 will be donated to charity, and snacks will be served for your enjoyment afterwards. Come celebrate with us!



## BIKRAM YOGA WINTER CHALLENGE

**Now is the time!!!** Sign up today for the June Bikram Yoga Winter Challenge, starting 1 – 30 June 2011.

### WHY DO THE 30-DAY CHALLENGE?

1. Encourages a consistent and regular practice in order to receive more benefits out of your Yoga
2. Improves your mind, body and spirit
3. Improves your yoga practice and takes your practice to a deeper level
4. Aids in weight loss and relieves stress and tension
5. Flushes every part of your body and system from the inside out
6. Re-energizes, revitalizes and reorganizes you entire body and mind
7. Improve general health and well being as your body functions at its optimal level
8. Heals and prevents diseases and illnesses
9. Improves mental clarity and concentration
10. Sustains a positive mind and life style

### RULES FOR THE YOGA CHALLENGE:

- 1 Class per Day • Only one double per week is allowed • You must complete 30 Classes in 30 Days • Inform the teachers of any injury or medical condition we need to be aware of • We encourage an open heart and open mind and happy smiling faces

**Follow us on Facebook** as we give you tips and advice along the way. Teachers are always available before and after class to assist you with any queries or concerns. We encourage you to connect with fellow yogis for support that are also on the same journey as you of doing 30 Bikram Classes in 30 Days... As Bikram says "Just Do Yoga. You have nothing to loose."

**Book your spot today by emailing us "[click here](#)" or contacting the studio on 011 465 5777!!!**

## > DID YOU KNOW?



**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. Our bodies need electrolytes in order to stay well hydrated. Great products to replenish your body and to hydrate you efficiently before and after class are H3O Pro, Sole Soul Water and VitaminWater which are all for sale at the studio.

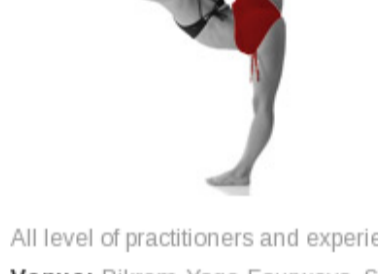


Bikram Yoga Fourways strives to create a warm and an encouraging environment for all students so that each student can work at their own pace and achieve the many benefits that Bikram Yoga has to offer. In our ongoing efforts to improve our studio, **we welcome all comments and suggestions** from students 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



## POSTURE CLINIC

Bikram Yoga Fourways Posture Clinic with Tamara Markatselis **Saturday, 25th June 2011**

Fine-tune your Bikram Yoga practice with this 3-hour yoga intensive. Led by studio owner Tamara Markatselis, this special clinic will go into depth about certain postures and give you tips on how to improve your practice.

All level of practitioners and experience are welcome!

**Venue:** Bikram Yoga Fourways, Shop 222, 2nd Floor Design Quarter, cnr Leslie Ave & William Nicol, Fourways

**Sign-in:** 12:30pm  
**Clinic:** 1:00pm - 4:00pm  
**Break:** 4:00pm - 4:30pm  
**Class:** 4:30pm – 6:00pm  
**Cost:** R300-

For bookings and enquiries contact Tamara at [tamara@bikramyoga4ways.co.za](mailto:tamara@bikramyoga4ways.co.za) **Space is limited, make sure to book your spot today! Its sure to be inspiring and fun!!!**



## FILM SHOOT

We would sincerely like to thank all the students and teachers that participated in the film shoot on 7 May 2011. We had a wonderful turn out and **lots of fun**. I know that it was quite a challenge for most to concentrate and work under the pressure of having a camera-man on top of you but you all did a fantastic job and rocked it!!!

We will keep you posted as to when this will all be aired live on TV. Remember to redeem your **complementary classes** when you next at the studio!



## FOURWAYS STAFF TEAM

We would like to give a very warm **welcome to Melissa Steenekamp** who is now managing the desk in the evenings. Melissa has been a Bikram Yoga Teacher for two years and is a very knowledgeable, passionate and dedicated teacher. Should you have any concerns with your practice she would love to assist you!

Thank you for the wonderful posts for the **Trade Work Positions**. Please note that we are still looking for a few yogis to assist us in the evenings and weekends. If you are interested, kindly contact Tamara at [tamara@bikramyoga4ways.co.za](mailto:tamara@bikramyoga4ways.co.za).



## COMRADES MARATHON

Bikram Yoga Fourways would like to wish all our Comrades Runners **all the best** for the big race coming up. Remember there is nothing better than preparing for a 86,96KM race by having a strong and flexible body. Bikram Yoga will ensure flexibility of your muscles and joints and assist with endurance, strength and stamina

for the race.

If you cannot make it to class before the race, its not too late, we welcome you in class after your race. **Join us in yoga** where you can allow the heat to relax your muscles and joints and sooth all the aches and pains. Class will assist in releasing all the lactic acid and tension from the race too. Either way, you win

## 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, Anniversay?

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

**Come in today and buy 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 your 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



### YOGA BOUTIQUE

**Hot Yoga Towels** – Try out the New Hot Yoga Towels for an awesome yoga practice. The towels are super absorbent and non-slip aiding in a very comfortable and enjoyable Bikram practice. 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!**



## 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 practice part of your daily routine. We are committed to growing our amazing community and in serving you with the 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!**

**In Love, Light & Gratitude**  
**Tamara Markatselis (Studio Owner)**  
**Namaste'**

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

**MIND  
BODY  
SPIRIT  
EXPERIENCE**

## BIKRAM YOGA FOURWAYS

Shop 222, 2nd Floor  
The Design Quarter  
Cnr Lesley Ave & William Nicol Drive  
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**Studio:** 011 465-5777  
**Fax:** 011 465-6777

**Email:** [info@bikramyoga4ways.co.za](mailto:info@bikramyoga4ways.co.za)  
**Make a booking** [Click here](#)  
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