

Introducing **Bikram Yoga**



Taught by **Omega Guzman** – Registered Yoga Teacher thru Yogafit

The class is designed for beginners as well as those students who have a regular practice. Every class is open to first time students.

The postures are done in the safe environment of a heated room so that deep penetration can relieve muscle resistance without risking injury. Each posture in the copyright sequence of postures is done in specific order, preparing the body for the next posture, resulting in powerful healing and miraculous results.

By the end of a Bikram Yoga class, you will have worked every muscle, tendon, joint, ligament, internal organ, and gland while systematically moving fresh, oxygenated blood to 100% of the body.

Cost - \$60.00 for members / \$75.00 for non-members

Day – Sundays (Jan 16th – February 26th)

Time – 10:00 am – 11:15 am

*Max of 10 participants

**We also have a new yoga class added to our normal group exercise schedule.

Day – Mondays (Starting January 16th)

Time – 6:30 – 7:30

For information and registration:
(715-247-5770)

