

# BIKRAM YOGA

Phone 04 345 2131 Fax 04 345 2132 Web- www.clubstretch.ae



## Schedule of classes Effective from July 01, 2010 - ongoing

Jan 2010	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
08:30			Hannah			Emma	
09:00	Tasha						Brian/Hanna/ Emma/Tasha
10:30		Hannah	Hannah	Masako	Tasha	Emma	
11:00	Tasha						Brian/Hanna/ Emma/Tasha
12:30		Hannah		Emma			
13:30			Tasha		Tasha	Brian	
16:00	Hannah/Emma	Tasha		Emma		Hannah	Brian/Hanna/ Emma/Tasha
17:00			Tasha		Hannah		
18:00	Hannah/Emma	Brian		Tasha		Hannah	
19:00			Brian		Hannah		
20:00		Tasha		Emma			

(All classes are 90 minutes)

### How do I get started?

It's easy, just show up for any class and be ready to work hard, have fun, and sweat! There is no need to pre-register. Yoga mats can be purchased, or rented for 5 Dhs. Towels are provided. Water is available for purchase. **Please ensure you arrive 15 minutes early.**

### What do I wear?

Be prepared to sweat! Women will be most comfortable in form fitting clothes. Cotton lycra blends work well. Shorts or leggings should not go below the knee since it is important to be able to see the knee joint in the mirror. Men should wear comfortable but not baggy, long shorts and a top. Although most Bikram Yoga studios allow men to practice without shirts we request that men wear tops. Synthetic high tech fabrics that "breathe" will be most comfortable. No shoes or socks are necessary.

### Fee Schedule

Package	Remark	Price
Introductory Package <i>First timers only</i>	Unlimited classes Valid for 10 days	100 dirham
Single Class		70 dirham
10 class package	Valid for 2 months	600 dirham
20 class package	Valid for 3 months	1100 dirham
1 month unlimited classes	Valid for 1 month	700 dirham
3 month unlimited classes	Valid for 3 months	1800 dirham

For more information regarding Private Sessions please see reverse side

**Private Sessions** are a great way to get started with your Bikram Yoga practice or to deepen your existing practice. You will have a chance to discuss and understand correct alignment and make corrections or modifications specific to your body and ability level. Injuries, rehabilitation and specific health issues are also more easily addressed in private sessions.

***All private sessions must be booked in advance with your instructor. Payment must be made in advance and cancellations without 24 hours notice will be charged in full.***

### Fee Schedule for Private Tuition

	1 Hour	1-1/2 Hour
<b>Solo</b>	250 Dhs.	350 Dhs.
<b>Duet</b>	350 Dhs.(175 per person)	450 Dhs. (225 per person)
<b>Trio</b>	450 Dhs. (150 per person)	525 Dhs. (175 per person)
<b>Quartet</b>	500 Dhs. (125 per person)	600 Dhs. (150 per person)

### ***General Remarks / Etiquette***

#### **Before Class**

- Avoid eating at least 3 hours before class.
- Please drink plenty of water throughout the day. It's important to be well hydrated before class.
- Arrive 15 minutes before class begins.
- Please have clean feet and be free of perfumes or lotions. Showers are available.

#### **During Class**

- Please observe silence in the yoga room. Students often use the time before class to quietly meditate and center themselves.
- Listen carefully to every word your instructor says. All the information you need is there for you.
- Stay focused on your own reflection in the mirror.
- Stay in the yoga room for the entire class. If you must leave the room please leave quietly between postures not during.
- It is suggested that you bring water to class.

#### **After Class**

- Please observe silence during the final savasana-meditation.
- Leave the room quietly. Please take your towels with you and drop them in the towel bins. Mats can be left in the room and will be collected later.
- Please be conscious of your fellow students by keeping your shower time to a minimum when others are waiting.
- Be sure to re-hydrate by drinking lots of water!
- Enjoy the peace and energy you are taking with you as you leave!
- If you have questions your instructor will be available after class.