

# BIKRAM YOGA

Phone 04 345 2131 Fax 04 345 2132 Web- [www.clubstretch.ae](http://www.clubstretch.ae)



## Schedule of classes effective for January 1, 2012

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8:30am		Hannah			Jacki		
9:00am						Rotation	Jacki
10:30am	Hannah	Hannah	Masako	Alina	Jacki		
11:00am						Rotation	Alina
12:30pm	Hannah		Masako	Jacki			
2:00pm							
3:00pm							
4:00pm	Alina		Hannah		Susanne	Rotation	Rotation
5:00pm		Susanne		Hannah			
6:00pm	Brian		Hannah		Susanne		Rotation
7:00pm		Brian		Hannah			
8:00pm	Natasha		Natasha				

(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 arrive 15 minutes early.**

### What do I wear?

Be prepared to sweat! Although most Bikram Yoga studios allow men to practice without shirts we request that men wear shirts. Light weight-high tech fabrics that "breathe" will be most comfortable. Avoid heavy fabrics and baggy clothing. No shoes or socks are necessary but please come with clean feet! Also please remember that smells intensify in the heat so, no heavy perfumes or odors. Showers are available.

### Fee Schedule

All prices shown in AED	Group Class
Single class	70
Introductory Package 10 days unlimited classes *	120
5 Package (1 month valid)	325 (65/ea)
10 Package (3 months valid)	600 (60/ea)
20 Package (4 months valid)	1100 (55/ea)
1 Month Unlimited Classes	700
3 Month Unlimited Classes	1800

\* Introductory Package is a onetime only offer for new students.

**Packages will not be extended beyond the stated expiry date. (No extensions or holds will be allowed and all unused classes will be forfeited upon expiry of the package!)**

**Private Sessions** are a great way 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 Prices in AED	Solo	Duet (2 people)
30 min	165	220 (110/ea)
60 min	330	400 (200/ea)
90 min	400	550 (275/ea)

**For a group of 3 or more, please check with Reception for the fee schedule.**

***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.***

## **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 and mats with you and drop them in the appropriate bins.
- 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.