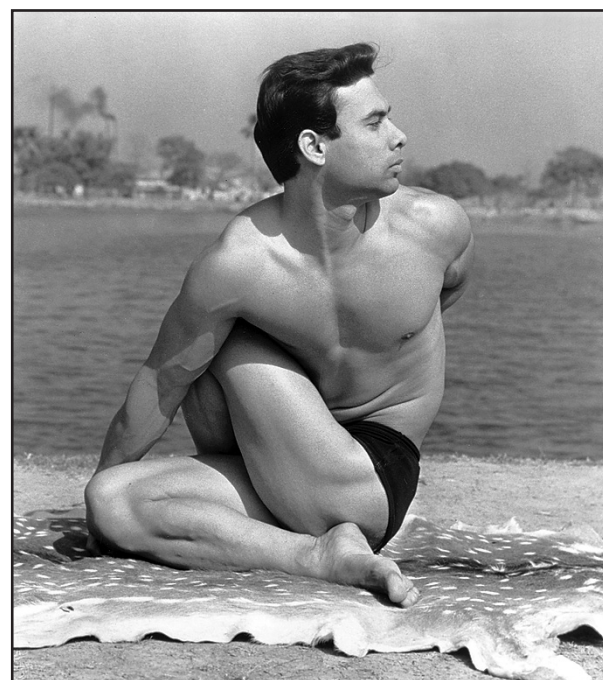




Yoga 108

Yoga 108 New Orleans LLC
(Established March 2005)



1.866.YOGA.108
(1.866.964.2108)

8229 Oak Street
New Orleans, LA 70118
www.yoga-108.com

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 A.M.	Bikram	Bikram	Bikram	Bikram	Bikram		
8 A.M.						Bikram	Bikram
9 A.M.	Bikram	Bikram	Bikram	Bikram	Bikram		
10 A.M.						Bikram	Bikram
12 P.M.	Bikram	Bikram	Bikram	Bikram	Bikram		
4:30 P.M.	Bikram	Bikram	Bikram	Bikram	Bikram	Bikram	Bikram
6:30 P.M.	Bikram	Bikram	Bikram	Bikram	Bikram		
7:30 P.M.	Bikram	Bikram	Bikram				

Bikram Yoga (hot yoga 1 hour 30 minutes): A series of 26 asanas and two pranayamas, which work the entire body, practiced in a heated room.

Sign Up Online: You can now reserve a space in class online. Go to www.yoga-108.com, and select Schedule from the top. Log into your account and plan your yoga week with us by reserving your space in classes up to 14 days in advance. The system also allows you to pay online, update your personal information and see your visit history.



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RATES

Membership	Full Price	Discount*	What you get
Introductory Offer	\$39	\$39	- One month of unlimited yoga - New students only
Unlimited Yoga BEST DEAL	\$108	\$88	- Unlimited yoga - Automatic monthly payment - Minimum 6 month commitment - Auto-renews - 30 day cancellation notice
1 month Unlimited	\$150	\$120	- One month of unlimited yoga - No long term commitment
10 Class Card (3 month)	\$125	\$100	- 10 classes good for 3 months
Drop In	\$20	\$20	- One single class

* Discount: First purchase after Introductory Offer, Full time students with valid ID, Military personnel with military ID and Seniors over age 55.

Rentals

Mats for \$1 and Towels for \$3

Store

Mats: \$30, Yogitoes: \$60, Breathe Towels: \$60
Waters and Juices: \$1.25 to \$3.50
(all taxes included)

Payment

We accept cash as well as Visa®, MasterCard®, AmericanExpress®, and Discover®. No checks please.



ABOUT BIKRAM YOGA

Bikram Yoga is the most popular beginning yoga series for both men and women of any fitness level. Bikram's Hatha Yoga system is a series of 26 asanas, or poses, and 2 breathing exercises, or pranayamas, which work the entire body in 90 minutes (in a heated room). The asanas work synergistically and cumulatively to return the body, mind, and soul to an energetic, balanced state. Yoga builds energy, stamina and flexibility. It incorporates strength, challenge, gravity, balancing, and most importantly, the tourniquet effect. The technique allows the stretching, squeezing, and massaging of internal organs, flushing out the cardiovascular system and stimulating of the endocrine and nervous systems in order to release any deficient hormones and enzymes. By performing the asanas in a systematic order and timing, you achieve a complete workout and, ultimately of well being.

BENEFITS OF BIKRAM YOGA

The more frequently you practice yoga, the greater the benefits you will receive.

- Tones and strengthens all major muscle groups down to the bone
- Increases balance, strength, and flexibility
- Builds cardiovascular strength & respiratory balance
- Promotes weight loss
- Strengthens and restores all systems of the body
- Reduces the risk of sports injury and accelerates recovery time
- Increases concentration and focus power
- Improves productivity & energy level
- Reduces the effects of stress
- Makes your skin glow
- Brings all systems into perfect balance, mind, body, and soul

We recommend at least 10 classes per month. The ultimate goal is to develop a daily practice. What you put into yoga you will get back tenfold.

BIKRAM YOGA POSTURES



“Yoga is the perfect vehicle for change of self, first by creating a strong and powerful body and mind. It is a starting point from which you can then begin to realize your human spirit.”— Bikram Choudhury

WHY USE HEAT

- Provides greater flexibility
- Flushes toxins out of the body
- Increases cardiovascular activity
- Melts stress and promotes relaxation
- Burns calories

COME PREPARED

- Arrive 15 minutes early to register and advise the instructor of any chronic physical problems, recent surgeries, injuries or pregnancy.
- Classes are 90 minutes in length.

- Bring a towel, washcloth, water and yoga mat (we sell bottled water and rent/sell yoga mats and towels).
- Wear “jogging clothes” such as shorts, leotards and sports bras, but NO sweats.
- The room is heated for the Bikram class – be prepared to sweat. We have changing rooms and restrooms. Bring a change of clothes for after class.
- Always practice yoga on an empty stomach.
- Come fully hydrated.
- No shoes allowed in the yoga practice rooms.
- No glass containers allowed in the studio.

YOGA ETIQUETTE

- Classes start promptly as scheduled; no late entry.
- Classrooms are peaceful environments; visit quietly with your friends in the lobby.
- Turn your cell phone to silent or off during class.
- Avoid the use of strong perfumes out of respect for others' sensitivities.
- Respect the teacher, follow their instructions.
- Don't skip final savasana; it's an essential posture in the sequence.
- Be kind and loving to yourself by accepting where you are, grow and develop your practice from there.

A HELPFUL HINT:

“Perfect” is the best you can do that day. How quickly you progress will depend entirely on you-upon your natural ability to a small extent, but mostly upon the honest time and effort you give to the Yoga. Here there is no comparison to those around you. It's a daily practice that is all about you, and your own progression from the point at which you began. Take this class EVERYDAY FOR THE NEXT 2 MONTHS AND YOU WILL HAVE A NEW LIFE...that's a promise!”

—Bikram Choudhury

