

## Introductory Offer

**\$29 for 30 consecutive days!\***

Yearly unlimited . . . . .	\$1,296
6-month unlimited . . . . .	\$750
Monthly unlimited . . . . .	\$150
Ten-class card (2-month limit) . . . . .	\$125
Five-class card (1-month limit) . . . . .	\$75
Drop-in . . . . .	\$18

towel rental: \$2, water: \$2, mat rental: \$2  
mat sale: \$30, yoga rug: \$55 (tax included)

quality Shakti yoga clothing for sale

20% discount if you buy any package during the \$29/30 days period

20% discount for students with valid ID

Bring a friend and get a free class!

\*For Louisiana residents only.



Bruno Teyssandier graduated from teacher training in Los Angeles under Bikram Choudhuri. In 2000–2001 he spent 5 months in Pune, India where he studied a therapeutic yoga program based on the Iyengar tradition under Dr. Karendikar. During an apprentice program in 2001–2002, he met Manousso Manos, and has been in his public classes and workshops since. In 2003 and 2004 he spent 6 months and 2 months respectively in Mysore, India studying under the guidance of

Ashtanga guru Pathabi Jois. In 2005, he moved to New Orleans to open his second school, Yoga 108. Currently, he owns and operates the only Bikram yoga studio in the state of Louisiana, teaching 7 days a week. His primary practices are Ashtanga, Bikram, and Iyengar yoga.

### Practices at Yoga 108

**Ashtanga** - refers only to asanas and follows the primary series

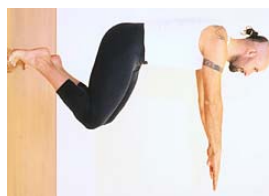
**Bikram** - a series of 24 asanas and two pranayamas, which works the entire body, and practiced in a heated room

**Levels 1–3** - practiced in a mildly heated room

**Hatha** - a compound of the words *Ha* (sun) and *Tha* (moon), follows the principles of moral restraint and spiritual observances, practiced for mental and physical health using props



Ashtanga - 1 hour 30 minutes  
Bikram (heated room) - 1 hour 30 minutes  
Levels 1–4 (mildly heated room) - 1 hour 15 minutes  
Hatha (using props) - 1 hour 15 minutes



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 A.M.	Levels 2-4	Beginner Level 1	Hatha	Beginner Level 1	Levels 2-4		
10 A.M.	Levels 2-4				Levels 2-4	Bikram	
10:30 A.M.							Beginner Level 1
12 P.M.		Bikram	Bikram	Bikram	Bikram		
4:30 P.M.	Bikram	Bikram	Bikram	Bikram	Bikram	Bikram	Bikram
6:30 P.M.	Bikram	Bikram	Bikram	Bikram	Ashtanga		Bikram



# Yoga 108

**Bikram Yoga New Orleans**



**1-866-YOGA-108**

(1-866-964-2108)

**8229 Oak Street**

**New Orleans, LA 70118-2041**

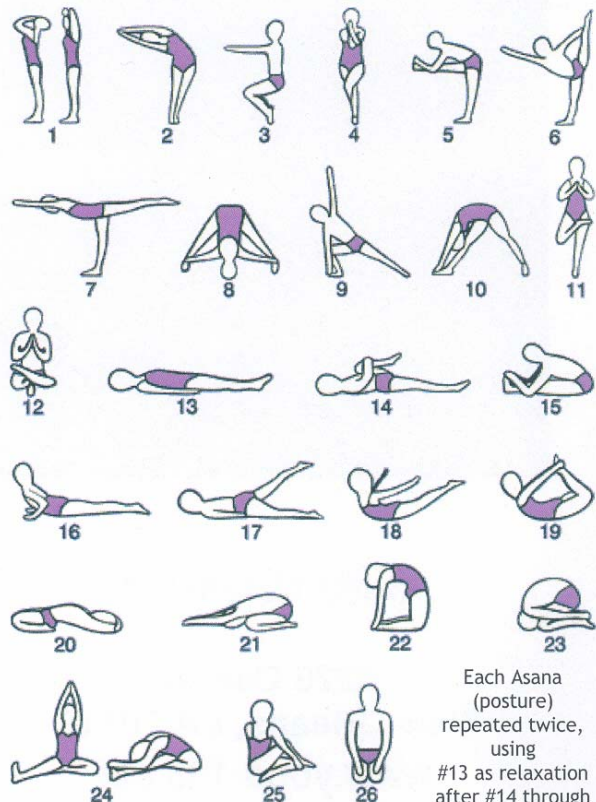
**www.yoga-108.net**

# What is Bikram Yoga?

*"Never too old, never too late, never too sick to do yoga and start from scratch again."*

—B. Choudhury

Bikram yoga is the most popular beginning yoga series for both men and women of any fitness level. It includes breathing exercises (pranayamas) and a series of 26 postures (asanas) performed over 90 minutes in a heated room. By performing the asanas in a systematic order and timing, you achieve a complete workout—including achievement of well being.



Each Asana (posture) repeated twice, using #13 as relaxation after #14 through #26

# The Benefits of Yoga

The more frequently you practice yoga, the greater the benefit for the following reasons:

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



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.

*"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."* —B. Choudhury

# Why? What?



## Why Use Heat?

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

## What to Bring?

Arrive 15 minutes early to register and advise the instructor of any chronic physical problems, recent surgeries, injuries, or pregnancy.

Classes start on time; the studio door will be locked once the class begins. Bikram and Ashtanga yoga classes are 90 minutes, and Hatha and Levels 1–3 yoga classes are 75 minutes. Don't arrive late. Always practice yoga on an empty stomach.

Bring a towel, washcloth, bottled water, and yoga mat. (We sell water, juices, and mats.)

Wear "jogging clothes" such as shorts, leotards, and jog bras, but NO sweats.

The room is heated—be prepared to sweat. There are changing rooms, but no showers. Bring a change of clothes for after class and a plastic bag to carry away wet yoga clothes. Come fully hydrated—drink lots of water before and after class.



**"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 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 EVERY DAY FOR THE NEXT 2 MONTHS AND YOU WILL HAVE A NEW LIFE. That's a promise!" —B. Choudhury

