

Frequently Asked Questions

What if I am not flexible?

This is a common misconception which prevents many from attending a yoga class.

Yoga stresses the importance of strengthening your mind and body. With regular practice you will see great improvements in your concentration and flexibility.

Is yoga a workout?

Bikram yoga is like no other exercise!

Beginning thru advanced fitness levels will find Bikram Yoga challenging. Each posture combines flexibility and strength to give your body a complete workout. With practice, patience, and dedication you will lose unwanted inches and develop muscle tone.

Why is the room heated?

The room is intentionally heated to warm your body, allowing you to work deep into the muscles.

The heat also heals chronic injury, prevents future injury and flushes toxins from the body.

Who is practicing Bikram Yoga?

Some of Bikram's students include:

Al Leiter, John McEnroe, Martin Sheen, Candace Bergen, the Miami Dolphins, the Florida Marlins, Raquel Welch, Shirley Maclaine, Chris Evert and Madonna.

235 E. 49th Street
New York, NY 10017



Sweat a little, strain a little, laugh a little, and do more for your health, body and general well being than you ever imagined possible.

www.bikramyogaeast.com

Located
inside:



Bikram Yoga East Side

235 E. 49th Street
(between 2nd and 3rd Avenues)
New York, NY 10017
(212) 832-1833

The Bikram Yoga Method

Bikram's Hatha Yoga is a challenging 90 minute series of 26 postures that will strengthen the mind, shape, sculpt and heal the body. It is designed for beginning through advanced yoga students. Bikram's Yoga is practiced in a well-heated room: As a result of the heat you are able to work more deeply into the muscles giving you the benefits of increased flexibility, cardiovascular endurance, and muscular strength.

Aside from providing a complete workout, Bikram's Hatha Yoga has been known to work miracles. Some physical benefits include: balancing and strengthening of glands, body organs, and the nervous system. Other benefits include, stress relief, improved circulation and digestion, reversing the ageing process, and weight loss.

Bikram's Hatha Yoga is also a "mind workout" that enhances emotional awareness, energy levels, concentration, patience and self-confidence.

Recently Bikram's Hatha Yoga has been featured in The New York Times, Newsday, Jane, Woman's Sport & Fitness, Elle, and Tennis Magazine.

Who is Bikram?

Bikram Choudhury is a former National Yoga Champion of India. With the assistance of medical doctors, Bikram developed his comprehensive system of 26 postures to work the whole body, for all ages and fitness levels. In 1973, he opened the first Yoga College of India located in Beverly Hills. Today, over 50 Bikram Yoga Colleges across the country provide people with the "hottest workout".

Director

Viraj Santini (Nelson Santini) is a certified Bikram Yoga instructor. Since 1989 he has practiced under the guidance of Amrit Desai who initiated the name Viraj. Selected to lead Bikram Yoga workshops at Kripalu Yoga Institute, Viraj enjoys teaching classes in the New York City area. Viraj is recommended by Bikram for people who want a challenging workout.

Information

Rates As of 10/15/06

Rates include the mat and use of men's or women's locker room facilities.

Introductory Class:	\$20.00
the next 6 days: FREE	
Drop-in Class:	\$20.00
5 Class Card :	\$90.00
(valid for 5 weeks)	
10 Class Card:	\$165.00
(valid for 2 months)	
Monthly Unlimited:	\$180.00 (No Freezing)

Towels: \$2.00 cash only (two towels & washcloth)

There are no refunds for Bikram Yoga.

Schedule of Classes As of 11/08/06

Mon., Wed. & Fri:	5:45 pm
Tuesday & Thursday:	6:15 pm
Saturday:	10:00 am
Sunday:	10:00 am

*Call for Updates!

General Class Information

All students are required to use a mat and a towel during class.

Mats and Bottled Water are available for purchase.

Class size is limited.

Additional classes can be added.

Corporate rates are available.

First Time Students

Please arrive 15 minutes prior to the 90 minute class. It is important that you have water to drink since you will be sweating a lot. Wear a leotard, stretch pants, or shorts. Heavy exercise pants are not recommended.