

Bikram
YOGA
 of Corvallis

1750-B SW 3rd Street
 Corvallis, Oregon 97333
 541.757.9642
 bikramyogacorvallis.com
 bikramyoga.com



Welcome to the most exciting, challenging, hard working and effective yoga class in the world! Bikram Yoga, created by Bikram Choudhury features 2 breathing exercises with 26 hatha yoga poses. Designed to work every muscle, joint, ligament, tendon and gland and organ in the body. Students of all ages and levels benefit from this 90 minute total body workout in a hot room.

Everyone is welcome. Bring water, bath towel, and a yoga mat, or rent for \$1 each. Don't eat or drink right before class. We look forward to meeting you!

	S	M	T	W	T	F	S
6 am			✓		✓		
7 am		✓		✓		✓	
9	✓	✓	✓	✓	✓	✓	✓
4:30 pm	✓	✓	✓	✓	✓	✓	✓
6:30		✓	✓	✓	✓		

Drop-in Class	\$15
Intro Package (vaild 2 wks from 1 st day)	\$25
4 Class Pass (vaild 1 month)	\$55
8 Class Pass (vaild 1 month)	\$100
10 Class Pass (vaild 2 months)	\$115
20 Class Pass (valid 3 months)	\$210
1 Month Unlimited	\$125
3 Month Unlimited	\$315
1 Year Unlimited	\$1200

Free Community Yoga Class the second Saturday of the month, 11:30 am at Bikram Yoga of Corvallis.