

Bikram's
YOGA
 College of India

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, gland and organ in the body. Students of all ages and levels benefit from this 90 minute total body workout in a hot room.

Free Community Yoga Class

Every first Saturday of the month, 11:30 am at Bikram's Yoga College of India. Everyone is welcome. Bring water, bath towel, and if you have one, a yoga mat. Don't eat 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

Intro Package (3 class/2 weeks*)

4 Class Pass (Valid 1 month)

8 Class Pass (Valid 1 month)

20 Class Pass (Valid 3 months)

1 Month Unlimited

3 Months Unlimited

1 Year Unlimited

\$14

\$18

\$50

\$90

\$200

\$115

\$285

\$1025

Daily attendance recommended. Be on time. Bring water, a mat, and a bath towel. Don't eat before class. *Mat and towel provided. 20% discount for students, families, or alternative transportation.