



Tips ~ Preparing for Class

Students of all levels are welcome.

Please arrive at least 15 minutes early.

Drink plenty of water before class,
get ready to sweat!

Refrain from eating 1-3 hours before class.

Wear light, comfortable clothes.

Bring a yoga mat, large towel and bottle of water.
Rental mats, towels and water are available.

We have 2 showers and 4 changing rooms.

Why use the heat?

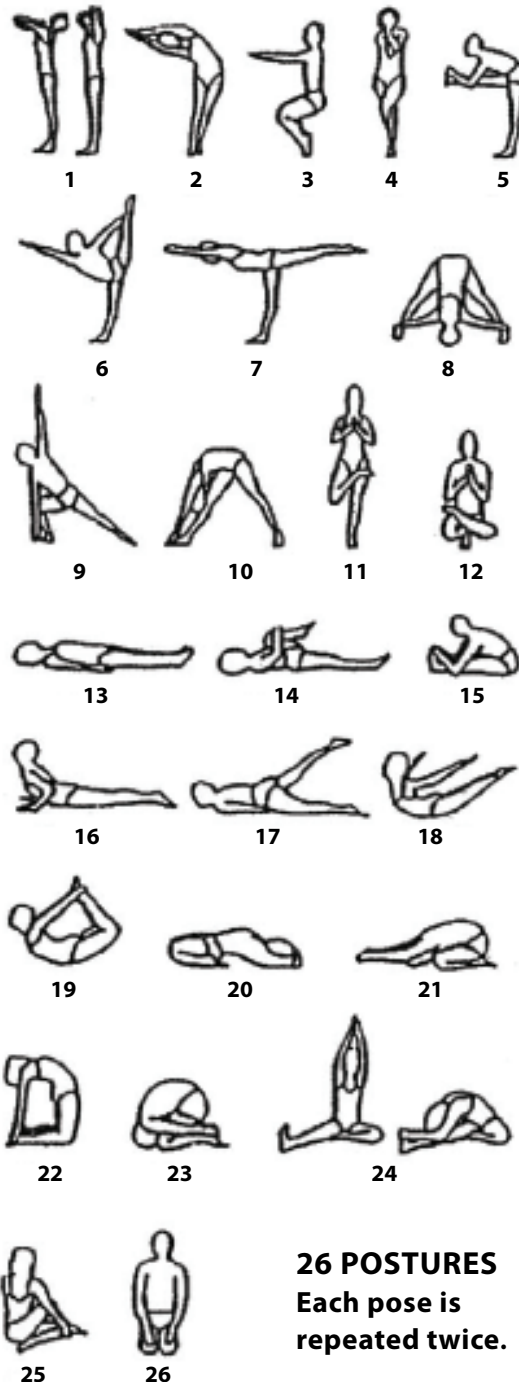
Provides greater flexibility

Flushes toxins out of the body

Increases cardiovascular activity

Promotes relaxation and well-being

Facilitates calorie burning



About Bikram Yoga:

Bikram's Beginning Yoga Class is a demanding series of 26 postures (asanas) and two breathing exercises (pranayamas), which is suitable for all ages and levels of ability. Each posture stretches and strengthens specific muscles, ligaments and joints needed for the next posture. The Bikram method also stimulates the organs, glands and nerves, moving fresh oxygenated blood to 100% of the body, restoring all systems to a healthy working order.

Bikram scientifically designed this 90 minute program to deliver total health through the balancing and strengthening of every system in the body in order to prevent illness, injury and limit the effects of aging. In addition, the series of postures combine skills of concentration, patience, determination and self control, which lead to increased mental clarity and reduced stress.

Bikram's Beginning Yoga Class is done in a heated room to warm your muscles, prevent injury, allow a deeper workout and cleanse the body by flushing toxins. As Bikram says, "Yoga is the only exercise in the world you can do at any age. There is always some posture that will improve your health, mind, and soul."

Schedule:

	M-W	T-TH	FRI	SAT / SUN
6am	*	*	*	
7am				*
9am	*	*	*	*
11am				*
12pm	*		*	
4:30pm	*	*		*
5:30pm			*	
6:30pm	*	*		

Please arrive 15 minutes prior to class
Classes are 90 minutes long

All classes are heated between 100-105 degrees F.

Fees:

drop in	\$16
student drop in	\$12
10 class card	\$110
monthly unlimited	\$125
35 class card	\$300
3 month unlimited	\$300
autopay ~ 6 month	\$95 per month
autopay~ 1 year	\$69 per month

Directions:

We are located on San Pablo AVE, at Central Ave.
1/4 mile east of Highway 80
One block from the El Cerrito Plaza Bart Station

10078 San Pablo Avenue El Cerrito, CA 94530
www.elcerritoyoga.com

10078 San Pablo Avenue
El Cerrito, CA 94530
510.525.1441



THE HEAT IS ON!

Valid for all Class Cards:

All rates subject to change. All classes packages valid for one year, no extensions, no holds, non-refundable and non-transferable.

Expired classes on class cards can be reactivated upon a purchase of new class plan within one month of expiration.

Beyond the one month expired classes are no longer valid. All class cards are valid for one year at time of activation.

No further extensions.

Special case of pregnancy or severe injuries:

A Doctor's note will allow for a freeze/extension of expiry date. Upon returning you must provide a subsequent Doctor's note authorizing you to resume your 90-minute heated physical activity at ECY and a newly signed studio consent form.



THE HEAT IS ON!

INTRO SPECIAL
30 Days for \$29
new students only

* Brand new students to ECY only. 30 consecutive days, no extensions, non-transferable, no exceptions. No refunds, no exceptions.



Voted calmest yoga studio
in the Bay Area!

Director: Algiin Ford ~ 510.525.1441
10078 San Pablo Avenue El Cerrito, CA 94530
www.elcerritoyoga.com