

60 Day Challenge

Give yourself the gift of health!

See what 60 days of yoga can do for you!

Tired of feeling lethargic all the time? Ready to loose nagging, holiday baggage? Sick of chronic back pain? Want to sleep better? Time to loosen up those tight hamstrings? How about stronger knees? If your answer to any of these questions is, "Yes!", then commit to doing the Bikram 60 day challenge and watch your body change!

To conquer the 60 day challenge, you must complete 60 classes in 60 days. If you have to miss a day, you can do two classes on another day. However, you can only do that five times. 55 of the 60 days must be taken at the La Canada studio.

Those who participate in the 60 day challenge will be treated to a party on March 27, 2010 from 6:00-8:00pm. Those who complete 30, 45 and 60 consecutive days of yoga during the 60 day challenge will be offered discounts of 10%, 15% and 20%, respectively, off their next regular price package. In addition to those incredible incentives, you also get gold stars for each day that you complete! You will receive your very own hanger for a year's worth of mat storage.

January 23—March 23, 2010

NO EXCUSES

To make the 60 day challenge available to everyone, we offer a special two month unlimited package for \$250 (\$50 less than two 10 Class Cards). The special package entitles you to take any of the three to seven classes offered daily at the La Canada studio.*

*The special package will be valid from January 23, through March 23, 2010 only and is not extendable or transferable.