




Congratulations to the 60-day Challengers!
 They are in their last week!!!

The celebration party will take place this **Saturday, March 31st from 6-8pm** (immediately following the 4:30pm class). All are welcome to come socialize and congratulate those who have done so much for themselves.

Yoga Glossary	INVITE Your Friends to BIKRAM YOGA!	
<p>asana—sanskrit word for pose. The physical type of yoga that is a form of exercise. Used as a suffix in the Sanskrit names for yoga poses</p>	<p>Receive up to a \$15 studio credit During the month of April, invite family and friends to Bikram Yoga in La Canada!</p>	
Yoga Etiquette Tip		
<p>The heat in the yoga room amplifies scents, so please shower the day you come to class (feel free to use our shower before and/or after class) to wash away any perfumes, colognes, scented oils, smoke, or body odor.</p>	<p>When a new student purchases the intro offer (and writes your name down as the referral), you get a \$5 credit. When they purchase their first class package, you get an additional \$10 credit. Good for classes, drinks, towel or mat rental. (offer expires 4/30/07). Practice Together!</p>	
<p>ASK US ABOUT GROUP RATES AVAILABLE WITH THE EFT CONTRACT OR YEARLY MEMBERSHIP \$\$\$ SAVE WITH FRIENDS!</p>	Nutrition Spotlight	
<p>Q: How many calories can I burn practicing Bikram Yoga?</p>	<p>A: Push yourself to your personal best, and you can burn 600-900 calories in a 90 minute class. Make sure to drink 8 ounces of water for every pound lost during class, to replace fluids.</p>	