

Season's Greetings, Yogis!

Once again, time just flew by, and it's hard to believe 2008 is almost over. Here is what's new at the studio:

If you are in town during the holidays, we have a holiday schedule in effect from **12/24 to 1/1/09**.

Wednesday	12/24	9 am and 11 am only (SPECIAL TIMES)
Thursday	12/25	9 am ONLY (SPECIAL TIME)
Friday	12/26	9 am and 11 am only (SPECIAL TIMES)
Saturday	12/27	9 am and 11 am only
Sunday	12/28	9 am and 11 am only
Monday	12/29	Normal times (9:30 am, 12 pm, 5:30 pm & 7:30 pm)
Tuesday	12/30	Normal times (9:30 am, 5:30 pm & 7:30 pm)
Wednesday	12/31	9 am and 11 am only (SPECIAL TIMES)
Thursday	1/1/09	10 am and 12 pm only (SPECIAL TIMES)

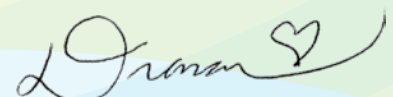
Please join us on Christmas Day at 9 am to get your day started with a great 90-minute active meditation. (I will be teaching that class this year—sorry, Debby is off this Christmas!)

Also, start off your New Year with a kick and the best 90-minute detox sweat session on the 1st, either at 10 am or 12 pm. Please arrive early feeling hydrated!

In 2009, we will be trying a 90-minute advanced flow session for our experienced yogis throughout the year on different weekends (dates and times to be determined; there will be a \$17 drop-in rate). If you are interested in attending the advanced flow class, please email us at info@bikramyogarockville.com so we can add you to our mailing list for upcoming class dates and information.

On behalf of all our teachers and staff at Bikram Yoga Rockville, I thank you for your love and support throughout the year. We would also like to wish you and your family a happy and healthy holiday season. I know it's been a very challenging year for a lot of us, and I hope 2009 will bring all of us more peace, happiness, and good health.

Namaste,



Back by popular demand, we will offer our annual unlimited yoga membership special: **\$1,049** (regular rate \$1,250) during the month of January. Start off the New Year on a healthy note by giving the gift of good health to you and your family!