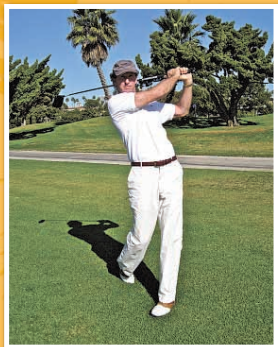


# Bikram laguna beach YOGA



*For seven years, my wife tried to convince me to take a Bikram Yoga class. I used several excuses, but basically, I didn't think of myself as the "yoga type."*

*Weightlifting and cardio had served me well for most of my life, but a few years ago, I began to experience unbearable pain in my knees and lower back from old football injuries, which made it difficult to get through a round of golf. I was soon pulling more Advil out of my golf bag than clubs.*

*I tried everything to alleviate the pain. With reluctance, I gave Bikram a chance in May 2008. Since then, I have been practicing Bikram 3-4 times a week. I no longer suffer from lingering pain. Golf is once again an Advil-free activity and at 54, I'm in better shape now than when I played college ball.*

*I know I owe my renewed sense of well-being to Bikram Yoga. As a former skeptic, Bikram Yoga has been nothing short of miraculous.*

**STEVE RASINSKI – BIKRAM STUDENT**

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\*\$25 for 14 consecutive days of unlimited use to students new to our studio who are Orange County residents (ID required)