



Be Happy

Do Bikram Yoga!

REDUCE:

Stress • Weight • Cholesterol • Injuries
Blood Pressure • Toxins • Chronic Pain

IMPROVE:

Strength • Focus • Flexibility • Immunity
Stamina • Digestion • Determination • Metabolism
Patience • Well Being

New to Bikram Yoga Laguna Beach?

Bring in this ad & get a **FREE CLASS***

If you like it do 2 weeks for \$25* & get 20% OFF

Your 1st class package

Bikram
laguna beach
YOGA



ABOVE PAVILLIONS AT 610 N. COAST HWY - (949) 376-7077 - BIKRAMYOGALAGUNA.COM

*MUST SHOW AD - ORANGE COUNTY RESIDENTS ONLY (ID REQUIRED)