

Bikram Yoga Tempe - Radiant Health / Rate Sheet (480) 777-0939

Bikram yoga is a proven system. Millions of people have used yoga to dramatically change their health & vitality. **Please remember Bikram Yoga is NOT about how flexible you are.** It's about stretching and strengthening your body to make you healthier and feel better. Strength and flexibility will follow.

New Student Recommendations & Rates

"Come every day for 60 days and I guarantee a new life"-Bikram Choudhury

Bikram recommends a minimum of 3 classes per week for maximum benefit (12-14x a month).

The more you practice, the better and faster your results, especially in the first 60-90 days.

Make a 60-90 day commitment to change your health forever!

All new students get a **20% discount** for "package purchases" made within 14 days of their start date.

The Magical Year Unlimited \$1,395 - 20% off = \$1,116 You save \$279 and comes to \$93 per month!

If you attended class daily, that's **\$ 3.00 per class**

The Buddy Year Unlimited (Build a group of 2 or more) Each person pays \$1,150 -20% = **\$920** \$76 per month

This pass offers you the most economical way to practice yoga. If you attend class daily that's **\$ 2.50 per class**

90 Day Unlimited...\$312 (With 20% off, you save \$78. If you attend class daily, that's only **\$ 3.46 per class**

30 Day Unlimited...\$120 (With 20% off, you save \$30. If you attend class daily, that's only **\$ 4.00 per class**

25 Class Pass...\$236 (Expires 1 year) With 20% off, you save \$59 and it is **\$ 9.44 per class**

10 Class Pass...\$108 (Expires 1 year) With 20% off, you save \$27 and it is **\$ 10.80 per class**

First Timer Two Week Unlimited...\$25 (AZ residents and new students only)

Regular Student Recommendations & Rates

"Come every day for 60 days and I guarantee a new life"-Bikram Choudhury

*Have you done the **30 day or 60 Day challenge yet?** Your health deserves it! Even **Oprah's** talking about it!*

The Magical Year Unlimited... \$1,395 (\$116/month! Attend daily and it's **\$3.82 per class**)

The Buddy Year Unlimited... \$1,150 (\$95/month! Attend daily and it's **\$3.00 per class**)

Sign up for the year with a friend or multiple friends and your year is only \$1150.

This pass offers you the most economical way to optimize your health with yoga.

90 Day Unlimited...\$390 (\$130/month! Attend daily and it's **\$4.33 per class**)

30 Day Unlimited...\$150 (Attend daily and it's **\$5.00 per class**)

Auto-renewal Monthly Unlimited...\$120 (Save \$30 per month) (Attend daily and it's **\$4.00 per class**)

Auto-renewal Set Up Fee...\$49

25 Class Pass...\$295 (**\$11.80 / class**; expires 1 year)

10 Class Pass...\$135 (**\$13.50 / class**; expires 1 year)

Single Class Drop-In...\$17

"You're never too old, never too bad, never too late and never too sick to start from scratch once again."

Bikram Choudhury

Losing Weight

"After attending 180 classes in a row, I lost 90 pounds!

That's a half a pound per day!"

Look for my pictures at the front desk.

Linda Watkins

Stress Relief

"I first started Bikram Yoga to help me deal with stress. After a few minutes of doing the postures, I get focused on my breath and don't think of anything other than my breath, and doing the postures to the best of my ability. After 90 minutes, I feel a great sense of peace, feel rejuvenated, and full of energy."

Julie Dellinger

What are The "*First or Next*" **top 3** Bikram Benefits
you would like to achieve **in the next 60 days?**

(Check all that apply)

- *Lose some weight*
- *Relieve Stress*
- *Fight anxiety and depression*
- *Increases my energy level*
- *A Better sense of well being*
- *Lower my blood pressure and bad cholesterol*
- *Strengthen and tone my muscular and skeletal systems*
- *Increase My flexibility*
- *Stabilize chronic problems so you can use less medications*
- *Relieve my back pain*
- *Relieve pain from my arthritis, and other chronic conditions*
- *Create healthy joints*
- *Help with calcium absorption*
- *Improve my immune system*
- *Balance my hormones*
- *Feel Better*
- *Sleep Better*

Back Pain

"A few years ago I was involved in an auto-vehicle accident that left the lumbar section of my back deeply fractured.

I started practicing Bikram yoga to help strengthen my back again.

What took me by surprise was that yoga would help me far beyond that.

From a physical standpoint, I was all too pleased to notice that my back is actually in much greater health and shape now than it has ever been (even including the time before the injury)."

***Ruddy
Bikram Teacher***

***"You're never too old, never too bad, never too late and never too sick to start from scratch once again."
Bikram Choudhury***

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www.BikramYogaTempe.com