



BIKRAMyoga

Forward Bend

A Newsletter from Bikram Yoga in
Bend, Oregon

Make your Body Smile!

August 2009

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Big Eddy... Yoga Siesta Time...



***Be sure to join us for the Big Eddy rafting trip -
This Sunday, August 2nd from 11 to 3.
If you haven't already signed up, call, email or
run to the front desk to reserve your spot.***

Sun Country Rafting Tours has given us a huge discounted price - Just \$26 per person. Invite your whole family and your friends.

During the trip we will have "special contests". You might say that we will work on our "balance".

There will be many prizes - Including free Yoga packages. So don't miss this incredible time on the river with the Bikram Yoga community.

In celebration of the whole month of August, we are taking a rest with the regular newsletter. What are we going to do instead? We're going to do as much yoga as we can, go rafting, jump in the river and eat lots of watermelon and oranges.

Be sure to look for the September newsletter. It will be filled with all sorts of inspiring stories and a brand new student of the month.

Hope to see you in class today!

Michael Harris, School Director

Quote of the Month

"Just do your yoga and you will have a good life".

Bikram Choudhury

Other News

Buy Your Classes Online

Do you know that you can now buy your classes online? It's an easy and simple way to make sure your classes are always current. You can even look at your class visits and see how many times you have come. Just go to the [Schedule Page](#) of our website and set up your account today

Events

Check out our [Website](#) for the latest info on our events.

Be sure to check our [Gallery Page](#) on the website. We will continue to add new photos.

We are looking for more testimonials. If you have a story to tell us about your yoga practice, please let us know. We might want to add you to our website. Take a look at the [Testimonial Page](#) now.

To view schedule updates go to the [Schedule](#) on our website.

We hope to see you in class today!!

Michael Harris, School Director
Bikram Yoga - Bend, Oregon

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