

IMPROVE YOUR YOGA PRACTICE BY ATTENDING THE

CRAIG VILLANI BIKRAM YOGA SEMINAR

SATURDAY MARCH 13 AT BIKRAM YOGA PRAHRAN

SUNDAY MARCH 14 AT BIKRAM YOGA FITZROY

Sechedule:

- Arrive 8.30am-9.00am
- Start 9.00am sharp
- Lunch break 1 hour
- Bikram class with
Craig 4.00am -5.30pm

Bring your own cushion
or pillow to sit on

Mats, towels and water
available at the studio

B.Y.O. food or
or eat locally



BIKRAM
CHOUDHURY

CRAIG
VILLANI

Craig Villani worked as the director of Bikram's Yoga Teacher Training Program over many years and was considered Bikram's "right hand" man. Craig will dissect each of the 26 classic yoga postures of the Bikram series. The seminar will end with Craig teaching a motivational and informative Bikram's Beginning Yoga Class. This seminar will present you with the opportunity to deepen your understanding of Bikram Yoga. Craig's teaching style will invigorate and inspire you.

COST: \$80.00

PLEASE NOTE THAT NUMBERS
ARE LIMITED IN EACH STUDIO.

FOR RESERVATIONS, BOOK
AT THE STUDIO YOU WISH
TO ATTEND, OR PHONE:

PRAHRAN STUDIO : 9529 6640

FITZROY STUDIO : 9416 4422