

Bikram Yoga Concord

Join us for 90 minutes of 26 yoga postures and breathing exercises practiced in a heated room. Watch your body and mind-set change as you fall in love with Bikram Yoga!

Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		6:00am		6:00am		
					9:00am	9:00am
9:30am	9:30am	9:30am	9:30am	9:30am		
	12:00pm			12:00pm		
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm
6:30pm	6:30pm	6:30pm	6:30pm			

Rates

Introductory Special: \$15 for 10 consecutive days
For first time, local people only

**denotes student/senior rate with valid ID*

Drop In	\$15/\$12*	3 Month Unlimited	\$300/\$250*
5 Class Card	\$65	One Year Unlimited	\$1050
10 Class Card	\$112/\$92*		
20 Class Card	\$210		
One Month Unlimited	\$110/\$90*		

Ready for Class?

- ◇ Come on an empty stomach (at least 3 hours since your last big meal)
- ◇ Wear light, comfortable clothing
- ◇ Bring a mat, large bath towel, and water (we also sell/rent all three)

No yoga experience necessary...just a positive attitude and a willingness to try!

Bikram Yoga Concord

254 North State Street, Unit A
Concord, NH 03301

Tel: 603-415-YOGA (9642)

E-mail: heather@bikramyogaconcord.com

Website: www.bikramyogaconcord.com

Directions

93 North or South to Exit 15W (N. Main Street, Rt. 202, Rt. 3). Right onto Rt. 202/3. Follow through a blinking yellow light. Take a right onto N. Main street/Rt. 3N. Drive one mile, through two sets of lights, and take a right at the Smokestack Center sign. Follow the driveway to the stop sign and you'll see the studio on your right at the closest end of the building.