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Monthly News

What to look forward to in
November, 2005

NAMASTE,

Having opened the doors to *Bikram Yoga Hampden Wellness Center* six months ago, we have seen many new faces ready to learn and change. We are now privileged to call many of those faces friends as well as students.

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Upcoming Holiday Schedule

Thanksgiving and Christmas are right around the corner. Because of the holiday season, we will be tailoring our schedule around these days. **Wednesday, Nov. 23:** 6.30am and 5pm (no 7pm class)

Thursday, Nov 24: No Classes **Friday, Nov 25: Noon**

[Check it out...](#)

Deborah Justice: "Paintings of Planets and Galaxies"

As many of you may already be aware, Deborah Justice's artwork is currently being displayed throughout the studio lobby. An artists reception will be held on Friday evening, November 18th from 7-9pm. A short slide show of Justice's extraordinary career will be presented. Please come out and bring friends! Also, Justice will be teaching a class titled "Expressive Drawing and Painting" on Sunday

Mid-Atlantic Regional Competition

The Bikram Yoga Reston Studio is sponsoring the Mid- Atlantic Regional 3rd International Yoga Asana Championship on Sunday, November 6, 2005. If you are interested in competing please click on the link for more information. If you do not want to compete, please come and support your fellow yoga friends! Tickets are \$5 in advance and \$7 the day of the event.

[Find out more....](#)

The Wellness Center...

[The Feldenkrais Method](#)

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afternoons here at Bikram Yoga 2:30-5:30 starting November 6.
Contact the artist directly at JusticeArtist@comcast.net or pick up a brochure and class schedule at the desk.

Join our mailing list!

Join

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Breathe Yoga Wear

Need to update your yoga clothes? Looking for comfort and style while practicing at the Bikram Yoga Studio in Hampden? Check out the new line of clothing we are selling at the studio called Breathe Yoga Wear. The tops and bottoms come in numerous colors, cuts, and sizes which can be purchased as separates. Please inquire at the front desk for more information.

[Check it out...](#)

email: info@bikramyogahampden.com

phone: 410.243.2040

web: <http://www.bikramyogahampden.com>

Gift Certificates

The holidays are quickly approaching, and what better way to celebrate than with a Bikram Hampden Gift Certificate for the one you love. Please inquire at the front desk for more details.

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