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## Monthly News

January 23, 2006

### NAMASTE

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### The **NEW** Schedule

#### Haven't made a New Year's Resolution yet?

Although a month has passed in 2006, who says you can't start a New Year's Resolution in February (or July for that matter)? So often we confuse change for perfection. We are all perfect just the way we are, but there is always room change and growth. So instead of creating impossible goals why not give yourself the freedom to come as often as you can? To help you out, there will be an annual membership sale for 14 days only. **February 1st – 17th annual memberships will cost \$999** *\*The first 10 people to purchase the membership at this low price will receive one free towel rental throughout the duration of the year membership.* Just as Bikram Choudhury says, "Never too old, never too sick, never to late, never too bad to start from scratch and begin again." So buy yourself a year membership to Bikram Yoga Hampden and enhance the positive changes you have already started this year.

### Yoga Merchandise

### Featured Destination

**Nevis, British West Indies** I'm sure everyone has been wondering "why did Sarah come back from her Christmas Holidays with such a glow?" Well rest assured: everything I do, I do for the good of my students and the yoga studio. This is why I had to spend one week in Nevis (a little Island in the British West Indies). And a glorious week it was, making sure that this would be the perfect spot for a yoga retreat this fall. I may have to go back in the spring to double check. . . Stay tuned for updates; meanwhile check out [The Hermitage Plantation website](#), such a wonderful and unique spot that you too will want to call Home. Start planning for a week in paradise: Bikram yoga classes and fun filled activities. With a 3,000 ft mountain on your doorstep and a myriad of beaches to explore, this retreat will entertain and nourish any Bikram new comer or seasoned practitioner alike.

- Shed some light on your Bikram poses and buy [Bikram's Beginning Yoga Class](#) book by Bikram Choudhury --sold here.
- Sick of renting a mat? Tired of the balancing act of all the yoga gear you bring to the studio? Check out the variety of new bags and mats.
- You can still order Breath Yoga Wear if you are interested in adding to your yoga ensemble. 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...](#)

## Go Surfing...

[Mick the Pirate](#)

[Breathe Books](#)

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## Gift Certificates

**Have a ton of Birthdays coming up? ...trying to think of what to get your sweetheart for Valentine's Day? Buy a Bikram Yoga Hampden Gift Certificate for the one you love. Acupuncture and Massage Gift Certificates are also available. Please inquire at the front desk for more details.**

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