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Bikram Yoga **HAMPDEN** Wellness Center

December News

December 2006

NAMASTE

You voted and we listened!

Starting Friday, December 1st

We have made several changes to the class schedule:

Mon: 9am, NOON, 5pm and 7pm

Tues: 6am, 9am, 5pm and 7pm

Wed: 6am, NOON, 5pm* and 7pm

Thur: 6am, 9am, 5pm and 7pm

Fri: 6am, NOON and 6pm

Sat: 8am, 10am and 4pm

Sun: 10am, NOON** and 4pm

*Karma Class

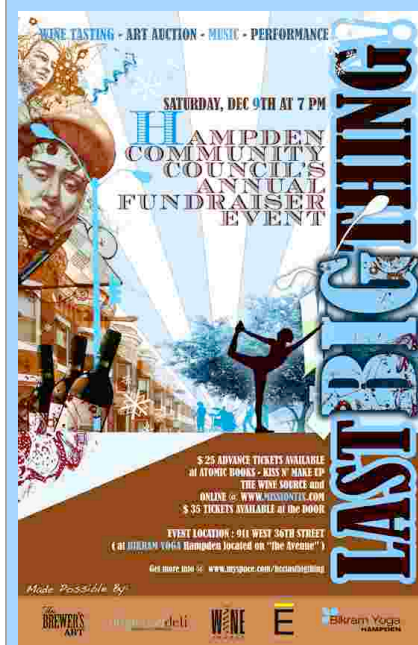
**Silent Class (not for beginners)

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- Yogitoes: Have you seen the pink Yogitoes?
- Karma Yoga Clothes

NEW STUDENTS: \$29 for 30 DAYS

Last Big Thing



Saturday, DECEMBER 9th at 7PM
Join us for another wonderful fundraiser.

Last Year was a warm, festive event. This year will be a promising evening, full of good wine from THE WINE SOURCE and delicious food from

We are offering a new intro special throughout the holiday season.

Please invite or offer your friends a gift certificate. \$29 for a month of unlimited yoga!

Yogitoes: Have you seen the pink Yogitoes?



by **yogitoes**



Yogitoes have been donating a proceed of their profits since 2005 from selling the pink Yogitoes to Dr Susan Love's foundation for Breasts Cancer research.

Treat yourself or someone you love to a pink skidless mat that gives back.

Karma Yoga Clothes

Please check out the selection of yoga clothes we are now carrying. Karma Yoga is deisgned especially for Bikram Yoga.

We have a wide variety of sizes, styles and colors, including loger shorts and tops. We have just ordered our second batch, as the first one sold out so quickly...check 'em out while you can!

Stress Management with Josh Rothschild: Tuesdays 7pm

and delicious food from DOGWOOD DELI, wonderful art for auction and great friends old and new.

JOIN US!

click below for more info.

Go Surfing...

[Hampden Happenings](#)

[karma clothes](#)

[The Hermitage Plantation](#)

[island experiences](#)

[pink yogitoes](#)

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[House of Ruth](#)

[center for heart hypnotherapy](#)

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email: info@bikramyogahampden.com
phone: 410.243.2040
web: <http://www.bikramyogahampden.com>

Gift Certificates

Have a ton of Birthdays coming up? 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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