

Bikram Yoga Posture Clinic & Yoga Class with Diane Ducharme



Learn more about Bikram at
www.bikramyoga.com and

DIANE DUCHARME at
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Worldwide Bikram Yoga Seminar Leader, Teacher, Mentor, and Teacher Training Facilitator, Diane Ducharme is one of a handful of senior teachers in the world authorized by Bikram Choudhury to conduct these seminars. Diane was certified to teach Bikram Yoga in March 1995. She has been practicing Bikram Yoga for 25 years.

This posture clinic will cover the basics of the Bikram Beginning Series of 26 postures and 2 breathing exercises. Ask questions, get corrections, learn more and take your practice to a new level. PLEASE NOTE: The heat will be off during the posture clinic.

DATE:	SATURDAY, APRIL 30, 2011
TIME:	POSTURE CLINIC - 9:00am - 3:30pm
	CLASS 4:00 - 5:30pm
LOCATION:	Bikram Yoga Hampden, 911 W 36th Street, Baltimore MD 21211
COST:	\$100.00 (includes the Beginner's class). \$50.00 for Bikram Certified Teachers
CONTACT:	infobyh@gmail.com or 410-206-6072