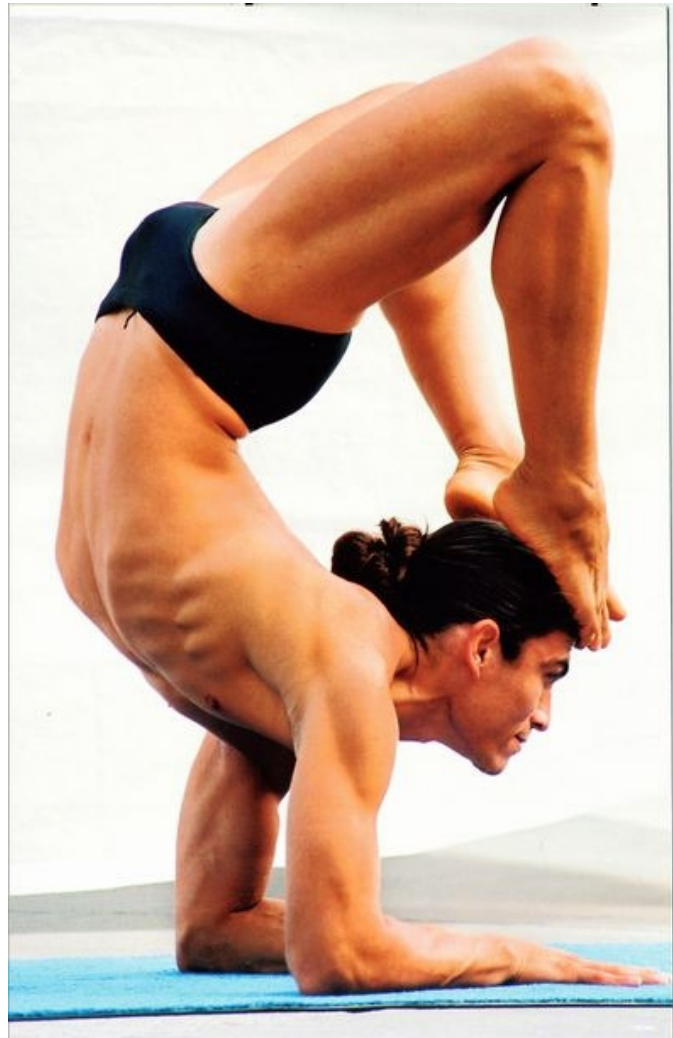


# Bikram Yoga Demonstration with Esak Garcia



## Saturday, July 11 at BYR-WE

12 PM -2 PM: Demonstration and Discussion

2 PM-330 PM: Class taught by Esak

430- 630 PM: Coaching Clinic

## Sunday, July 12 at BYR-SP

9 AM-1030 AM: Class taught by Esak

11 AM-330PM: Coaching Clinic

Cost: \$50/day

Register online: [www.bikramyogarichmond.com](http://www.bikramyogarichmond.com)