

Rajeshree Choudhury

OCTOBER 24
9:00AM - 4:30PM
AT BIKRAM HOT
YOGA DALY CITY



ONLY 100 SPOTS AVAILABLE!

TICKET COST:

Purchase by 9/10: \$140

Purchase by 10/10: \$150

Purchased after 10/10: \$160

* Tickets can be purchased at yoga school or online
www.BikramYogaDaly.com

We will have a raffle drawing for all ticket holders applicable to Daly City, San Mateo or Seacliff schools only.

RAFFLE PRIZES:

- **1 Year Unlimited membership**
- **3 opportunities for 1-Month Unlimited pass**

RAJASHREE'S SEMINAR AGENDA

9:00am – 10:00am: Lecture

10:00am – 12:00pm: Yoga Class

12:00pm – 1:00pm: Lunch Break

1:00pm – 3:00pm: Posture Clinic

3:00pm – 3:45pm: Meditation and Group Talk

3:45pm – 4:15pm: Recertification Talk

WE ARE EXCITED TO HOST RAJESHREE CHOUDHURY TO BIKRAM YOGA DALY CITY!

Just as the Moon is to the Sun, Yin is to Yang, so is Rajashree to Bikram – a balance in harmony.

Rajashree Choudhury, wife of Bikram Choudhury and mother of two, has been involved in the practice of Bikram Yoga ever since she moved to the US from India.

*Rajashree is world renowned by her contribution and accreditations in yoga asanas and yoga therapy.

*Rajashree has won several yoga competition titles by the age of 11 in India.

*Rajashree teaches Bikram Yoga at BYCOI Head Quarters and BYCOI teacher training, including a special class on the Health Benefits of Yoga. All over the world she leads workshops on her own Pregnancy Yoga Series, and Women's Health, with a special emphasis on the emotions.

Inspired by her personal teachers, Dr. P. S. Das, and Dr. Kushala Das, as well other great teachers including B. K. S. Iyengar, Paramahansa Yogananda, Rajashree is also by the small things, which touch her heart. And, of course, by the big transformations that yoga brings to people's lives.

She is a strong philanthropist that is involved and supports several non-profit organizations that help others heal with yoga therapy: Parikrma Foundation in India, serving poor children by helping them stay in school; a yoga and meditation center for Aviva in Los Angeles that she helped build; and Red, White, and Blue, an organization that helps veterans through yoga and other physical activities. She is also the founder of the United States Yoga Federation, a non-profit that promotes yoga-asana as a sport and The International Yoga Sports Federation.

