

Hi Everyone,

We are happy to announce the confirmed dates for Bikram's Advanced Seminar Fall 2010 are October 31st - November 6th.

It will be held at The Town and Country Resort & Convention Center - San Diego, California, USA, during teacher training.

This is the perfect opportunity for you to visit teacher training and do advanced seminar in one chance! After the tremendous success of Advanced Seminar in Barcelona, and Las Vegas earlier this year, the next seminar promises to be an event no-one should miss!

The Seminar will begin on Sunday October 31st. Your rooms will be available for check-in at 3pm. Orientation will take place that evening at 6pm. Check-out is Saturday, November 6th at 11am.

Beginning on Monday, November 1st, your day will start with beginner's yoga class that will take place after the teacher trainers' class. There will be a short break and then advanced class. Bikram will lead you through the series of 84 postures, taking time with each one, including demonstrations, personal corrections and answering questions to give you a deeper understanding of this intelligent and beautiful practice.

The hotel rooms are double occupancy and we can accommodate you with friends, however there is a maximum of two adults per room.

The cost of the seminar: two classes a day and 6 nights' accommodation in a shared room is \$999 for registrations received at HQ before August 31st.

Thereafter the cost in shared accommodations will be \$1,199 per person.

If you chose to be in a single room it will be \$1,400 for registrations received at HQ before August 31st.

Thereafter the cost in single room accommodations will be \$1,600.

Residents of San Diego can attend advanced class on a drop-in basis of \$50 per day with proof of residency.

Towels will be provided for hotel guests - please bring your own mats.

All reservations must be guaranteed with a major credit card.

A reservation form is on our website www.bikramyoga.com please go to the seminars page.

Download it, fill it in and fax or mail to HQ. Once your reservation form is received we will send you a confirmation email. Please print clearly on the reservation form so we can maintain communication with you.

Cancellation of reservations within thirty (30) days of the arrival date, will incur a penalty of the full reserved stay. Reservations will be transferred to advanced seminar 2011.

If you would like to stay longer than the seminar dates please add your preferred dates where applicable on the reservation form.

Please visit the website of our new location for teacher training and the advanced seminar [Town and Country Resort & Convention Center - San Diego, California, USA](http://www.bikramyoga.com). It really is quite beautiful and we look forward to seeing you there soon.

While beginners are welcome to the seminar and no previous experience is necessary, we do expect participants to assume full responsibility for their practice.

We look forward to seeing you in San Diego!!