

Dear Friends,

We are happy to announce the confirmed dates for Bikram's Advanced Seminar 2010 are June 20th - 26th. It will be held at the Las Vegas Hilton the week after teacher training spring 2010 finishes.

This is the perfect opportunity for those of you, from around the world that supported USA Yoga and The World Yoga Federation during this year's Championships, to develop a deeper understanding of the advanced series and postures. After the tremendous success of Advanced Seminar in Barcelona, where there were over 250 attendees, this seminar promises to be an event anyone with a love for the practice should not miss!

There will be a coach's clinic during the seminar- please register on line on www.usayoga.org. Recertification is also available- please check the new recertification page on the website for instructions and requirements.

The Seminar will begin on Sunday June 20th. Your rooms will be available for check-in at 3pm. Orientation will take place that evening at 6pm. Check-out is Saturday, June 26th at 12.00 noon. Beginning on Monday 21st for the entire week, the day will start with beginner's yoga class that Bikram or Rajashree will teach. After a short break, there will be advanced class, where Bikram will lead you through the series of 84 postures, taking time with each one, including demonstrations, personal corrections and answering questions.

The hotel rooms are double occupancy and we can accommodate you with whom you chose if you are coming with friends, however there is a maximum of two adults per room. (We will do our best to accommodate all those without roommates in shared accommodation if required, this cannot be guaranteed.)

The cost of the seminar: two classes a day, 6 nights' accommodation and lunch voucher, to the value of \$10 per day, is \$999. If you chose to be in a single room it will be \$1,400.

Residents of Las Vegas can attend on a drop in basis of \$50 per day with proof of residency. Towels will be provided – please bring your own mats.

All individual reservations must be guaranteed with a major credit card.

A reservation form is on the website; www.bikramyoga.com

Please download it- fax or mail to HQ. Once your reservation form is received, we will send you a confirmation email. Please print clearly so we can maintain communication with you.

Cancellation of reservations within thirty (30) days prior to arrival date, will incur a penalty of the full reserved stay. Reservations will be transferred to advanced seminar 2011. If you would like to arrive early for the seminar, or visit during teacher training, please email antonia@bikramyoga.com.

The Las Vegas Hilton is a great location and facility in which to learn the advanced series from Bikram and also a chance to relax and play!!

While all 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 Vegas!!!