

BIKRAM'S
YOGA
COLLEGE
OF INDIA
3RD
ANNUAL

WOMEN'S YOGA RETREAT

WITH RAJASHREE CHOUDHURY & EMMY CLEAVES

Come be a kid again! Enjoy a rare experience with exceptional women in Cocoa Beach at an ocean-front resort. The retreat will feature yoga classes, lectures and discussions. We welcome all women who want to deepen their yoga practice both physically and metaphysically. Cocoa Beach is a great place to be in November. You can learn to surf, build a sand castle, go hiking in the Florida National Hammock Preserve, visit Kennedy Space Center, and view a shuttle launch (scheduled for Nov. 6th). Come take time for yourself to breathe in the crisp ocean air and get to know some great women, including your beautiful self. Explore Cocoa Beach Oceanfront Resort at hi-cocoa.com and discover the best kind of vacation and environment for the women of Bikram Yoga.

November 6, 7, & 8
Holiday Inn Cocoa Beach
Oceanfront Resort

RATES

Single Occupancy \$600
\$700 after Oct. 1st
Double Occupancy \$510
\$610 after Oct. 1st

Come as early as you like on
Friday and take advantage
of the Atlantic Ocean!

Bring the family! The Resort
features a kid's pirate pool,
kids beds, and game rooms.

Make your massage
appointments now!
They will fill fast.

Friday morning there will be
a beginning yoga class
followed by the advanced
class led by Emmy Cleaves

Please email Courtney
to sign up for this class:
Courtney@BikramYogaMI.com

Register at
www.bikramyogami.com

RAJASHREE CHOUDHURY is not only the World Yoga Champion 5 time winner and the wife of Bikram Choudhury, but she holds a degree in Hatha Yoga Therapy, has a certification in the Application of Hatha Yoga Therapy for Chronic Diseases and Disorders, and has helped hundreds of thousands of people, of all ages change their health and lives toward a more fulfilling and meaningful path. When Bikram was first introduced to Rajashree, whom his parents had chosen for marriage, he hesitated 7 seconds, he says, "I hesitated 7 seconds too long!" Rajashree has been an inspiration as a mother and wife, which essence is in every yoga class she teaches.



EMMY CLEAVES has been a student and teacher of yoga for 50 years or more. She has been working for Bikram for 35 years. Emmy is the Principal of the Bikram Yoga Teacher Training and a guiding force for all yogis. She has traveled the world to learn and study the medical and spiritual benefits of yoga. You will experience her knowledge and grace immediately when you meet her or take her class. Bikram says, "Emmy can change anybody in the world, but nobody in the world can change Emmy!"

FRIDAY

4 pm Check-in begins
2-4 pm Surf Lessons or
Massage appointments
5-6:60 pm Bikram's Beginning Yoga
Class with Rajashree
7:30 pm Reception on the upper deck
8 pm Dinner on the oceandeck
& Evening program
10-12 pm Bonfire on the beach

SATURDAY

8-9:30 am Bikram's Beginning Yoga
Class with Emmy
10-11 am Massage appointments
11 am Brunch on the tiki lawn
12-1 pm Massage appointments,
hot tub, jump in the ocean
1:30-4:30 pm Posture Clinic, Yoga Therapy
Lecture and Q & A with
Raj and Emmy
5-6:30 pm Bikram's Beginning Yoga
Class with Rajashree
7:30 pm Lua Dinner and
Evening Program
10-12 pm Swimming,
Bonfire on the beach

SUNDAY

8-9:30 am Bikram's Beginning Yoga Class
with Emmy
10:30 am Brunch and farewell
3 pm Florida Regionals

