



# A SPECIAL OFFER FOR MEMBERS HOT YOGA & VINYASA FLOW YOGA LOWEST COST IN THE VALLEY!



We think if you try Hot Yoga you will enjoy the experience and many benefits that we are willing to make a crazy offer for you try it. We'll give your 30 days of unlimited yoga at the lowest cost ever of **only \$20!**

So, join the craze. Hot yoga not only gives you the benefits of stretching but burns calories and fat like you were running a 10K. There is no impact but your heart rate will elevate and make you sweat like you have never before.

We offer the lowest cost Yoga Studio experience in the Valley and have the highest quality instructors. Classes are structured for the beginner and advanced students with classes from 5:30am to 8:30 depending upon day and style.

The Balance Yoga Center is a state of the art Yoga Studio offering two large yoga rooms as well as beautiful tile bathrooms with multiple rainfall showers.

Hot Yoga and the tremendous benefits were featured by **Oprah**. Guest Paige Williams took on a 60-day yoga challenge in search of a something better.

Paige hoped the 60-day yoga challenge would change her body, her mind, and her life. It did in ways she never expected.



## 30 Days for \$20

Just bring in this flyer!

*"Hot yoga gives me a workout like no other. I have lost weight, improved my cardio and have more energy. I have worked out all my life and this is the best workout I have ever done.*

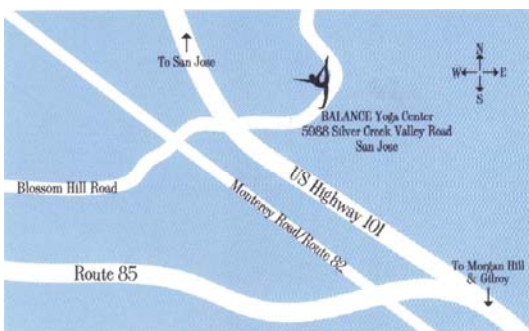
Robert — Morgan Hill

## YOGA BENEFITS

- ✓ Reshapes your Body • Restores Flexibility • Tones, strengthens and lengthens your muscles
- ✓ Strengthens your spine • Improves circulation • Reduces risk of sports injuries • Helps to rehab injuries • Achieves relief from pain
- ✓ Reduces your weight by burning a high level of calories and balancing metabolism • Raises energy level • Relieves stress

## STUDIO DIRECTIONS

Conveniently located in between US Highway 101 and Hellyer on Silver Creek Valley Road



Balance Yoga Center  
5988 Silver Creek Valley Road  
Suite #75  
San Jose, CA 95138  
408-362-1139  
BalanceYogaCenterOnline.Com

## CLASS DESCRIPTION

Hatha Yoga is a series of 26 asanas (postures) and two pranayamas (breathing exercises). It is a progressive workout such that each posture stretches and strengthens the muscles, ligaments, and joints needed for the next posture in the series.

Our Vinyasa Flow (gentle, tranquil, dynamic and power) classes move you from one pose to the next on an inhale or an exhale. You'll move fluidly through poses causing you to break the sweat of your life with little or no heat. We also offer Yin Yoga and Personalized Yoga.

Please fill out the information below and bring this flyer with you to your first class. **Internal Code: CWCCUMEM**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact Phone Number: \_\_\_\_\_

Employer: \_\_\_\_\_ Please include me on BYC Newsletter: Yes  No