



Bikram Yoga Five Dock

Welcome!

Dear Subscriber,

Welcome to Bikram Yoga Five Dock. We are very excited to have you join our amazing community. Our mission is to offer a transformational yoga experience to change your body, mind and life! We have been open since 2012 and over 5000 people have discovered the benefits of this practice at our Five Dock studio.

Click on the link below and follow the instructions to claim your introductory offer for 21 days of yoga for \$35! <http://www.bikramyogafivedock.com.au/intro-offer/>.

Alternatively you can purchase at the front desk before you try your first class! No need to book, just arrive 15 minutes early.

Click the following link to get your PDF which has [10 Essential Nutrition Tips to Kick Start Your Bikram Yoga Journey](#).

Please feel free to ring the studio if you have any further queries. The team looks forward to meeting you!

Kind Regards

Brad and the Bikram Five Dock Team


