



Encinitas Student Info

Address

Bikram Yoga College of India
1410 North Coast Hwy 101
Encinitas, CA 92024

Phone

760-944-0146

E-mail

info@bikramencinitas.com

Directions

From Interstate 5 North
Exit at Leucadia Blvd.
Left on Leucadia Blvd.
Right on N. Coast Hwy 101.
Bikram's Yoga is on the west side of the street, at the corner of Jupiter and Hwy 101, upstairs on the right.

From Interstate 5 South
Exit at La Costa Ave.
Right on La Costa Ave.
Left on N. Coast Hwy 101.
Bikram's Yoga is on the west side of the street, at the corner of Jupiter and Hwy 101, upstairs on the right

Rates

New Student: \$10* (arrive 10 mins early)
Second Class within 7 days: FREE
Drop-in: \$15
5 classes within 3 months: \$45
10 classes in 3 months: \$85
1 month unlimited: \$120
3 months unlimited: \$335
Mat rental: \$1
Towel rental: \$2
Water bottle: \$1

*San Diego Residents only, with I.D.



Schedule*

	Mon	Tue	Wed	Thu	Fri	Sat Sun
AM	-	-	-	-	-	8:00
	9:00	9:00	9:00	9:00	9:00	10:00
PM	12:00	12:00**	12:00	12:00**	12:00	-
	4:30	4:30	4:30	4:30	4:00	4:00
	6:30	6:30	6:30	6:30	6:30	-

* schedule subject to change holidays. Call or visit web site for updates.

** starting Nov. 1, 2010

Bikram's Yoga is a 90 minute all levels class, done in the heat, to promote strength and flexibility. Please bring a water bottle, mat, hand towel, and one large beach towel. Come on an empty stomach. We'll see you in yoga!