



Oceanside Student Info



Address

Bikram Yoga College of India
701 Seagaze Drive
Oceanside, CA 92054

Phone

760-754-6803

Email

info@bikramencinitas.com

Directions:

From Interstate 5
Exit at Mission Ave. towards downtown (west). After several blocks, turn left on Ditmar. Go one block South, and the Bikram Yoga will be on the left, at the corner of Ditmar St. and Seagaze Dr.

From Coast Highway
Turn East onto Seagaze Drive. (left if coming from the north, right if coming from the south). Seagaze is one block south of Mission Ave. Go two blocks, the studio is on the right side at the corner of Ditmar St. and Seagaze Drive.

Schedule*

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM	6:00	6:00**	6:00	6:00**	6:00	9:00	9:00
	9:00	9:00	9:00	9:00	9:00	11:30	11:30
PM	4:45	4:45	4:45	4:45	4:45	-	-
	6:30	6:30	6:30	6:30	-	-	-

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

**for July and August 2010 only.

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!

Rates

New students: \$10 (arrive 10 mins early)
2nd class within 7 days: FREE
Drop-in: \$15
5 classes within 3 months: \$45
10 classes within 3 months: \$85
1 month unlimited: \$120
3 months unlimited: \$300
mat rental: \$1
towel rental: \$2
water bottle: \$1