



# 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.

## 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: \$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	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.

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!