

Events at Bikram Yoga Amherst

~ February 17th, 18th, 19th ~

Yoga Seminar Series with Renowned Yoga Teacher Lynn Whitlow



FRIDAY, February 17th [5:30pm] Class with Lynn \$35

This extended class will provide the perfect platform for those who want to experience a deeper understanding of the Bikram Yoga sequence. Detailed breakdowns will be given of certain poses and there will be an opportunity to ask questions after class.

SATURDAY, February 18th [10am-5:30pm] Posture Seminar \$100/\$75 cert. teachers

Includes regular class with Lynn at 10:00am followed by lectures on standing & floor series. Lectures will involve student participation, demonstrations of postures, alignment, and Q&A throughout. There will be a mid-day lunch break & an opportunity to purchase healthy food from local restaurants.

SUNDAY, February 19th [9am] Regular 90 minute class with Lynn \$25

A unique opportunity to experience a standard Bikram class with Lynn. She brings humor & light into all of her classes while remaining true to the spirit of yoga.

[11am-3pm] Teacher's Q&A free for certified teachers

This Q&A will help to answer questions that teachers have about the postures, teaching them & a breakdown to a better understanding of the dialogue of a class. There will also be time to talk about teaching in general - the what if's & general understanding of how to teach an effective class.

CONTACT valleybikramyoga@gmail.com for REQUIRED PREREGISTRATION

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