

Runners Rejoice Bikram HOT Yoga will help your athletic ability and extend your running career!

Bikram HOT yoga is 26 postures, 2 breathing exercise practiced in a heated room.

It compliments your running in countless ways:

1. INCREASES YOUR LUNG CAPACITY

The more oxygen you can hold in your body the more energy you have!

2. STRENGTHENS YOUR ANKLES, KNEES AND HIPS

Preventing wear and tear from pounding the pavement!

3. THE PERFECT REMEDY FOR POST-RACE PAINS

The heat deeply stretches tight muscles and improves muscle recovery!

4. IMPROVES YOUR BALANCE, POSTURE AND FLEXIBILITY

Helping you to maintain a consistently long stride!

5. BUILDS MENTAL TOUGHNESS AND DETERMINATION

Giving you a competitive edge...no marathon will ever defeat you!

We have worked with many ironmen and women, marathon runners, and truthless who have credited Bikram yoga with improving their performance, extending their careers and reducing the amount of time lost to injury.

Here are even more benefits that you can expect to enjoy with a consistent Bikram practice:

- Tones and strengthens muscles
- Improves circulation
- Increases endurance and stamina
- Balances blood pressure and cholesterol level
- Combats stress and depression
- Sharpens concentration, focus and reflexes
- Balances sleep patterns, hormones, blood sugar and blood pressure
- Boosts metabolism helping weight loss

You have nothing to lose but everything to gain so run into one of our Bikram Yoga studio's and find out about the fabulous introductory offer!