



BIKRAM YOGA INSTITUTE

Iron Man Robert Downey does it. So do Demi Moore and Rock Stars Madonna and Sting. Do *what*, you may ask? All four of these perennial A-Listers have achieved their preternaturally lean and fit bodies by practicing Bikram Yoga, a (literally) hot form of Yoga offered at the Bikram Yoga Institute in Scottsdale.

Starting July 1, Valley residents hoping to channel their inner celebrity can sign up for BYI's brand-new Total Body Wellness Program, which brings together four complementary strategies for achieving unparalleled health, wellness and a body to die for. The program is being offered this summer only.

Bikram Yoga Institute launches the Total Body Wellness program

Bikram yoga, meditation, "Fitness IQ" scans, acupuncture and achieve comprehensive wellness – at reduced fees.

The Bikram Yoga Institute presents **Total Body Wellness** at the BYI studio in Scottsdale. The program offers four strategies for achieving health at reduced fees: **The Bikram Yoga 30/60-Day Challenge;** **Meditation for Mind Body Health – A Beginner's Guide;** **Acupuncture Clinic for Wellness, Weight Loss and Back Pain;** and **Fitness IQ** (internal quotient) before/after body composition scans and blood work-up, using technology featured on *The Biggest Loser* TV show.

"Bikram yoga can be a catalyst for improving your health and well-being, but the question is: What are the next steps? Each of these modalities is a different part of the wellness universe, and I believe each will help people build on the Bikram yoga foundation," said Andrea Griego, BYI owner and director.



The Wellness Elements

The Bikram 30/60-Day Challenge. The cornerstone of BYI's "summer camp for rock stars" is **The Bikram Yoga Challenge**, a 30, 60 or 90 day program of daily classes led by studio owner Andrea Griego. The cornerstone of Total Body Wellness is yoga. A 30-day package is offered to new students in July at a discounted rate of \$125. Yogis who want to continue to 60 days get 30 free classes in August. All who complete 30 consecutive days are entered in a raffle for a year of free yoga classes.

Details: Individuals can start the Challenge **any day, from July 1 to 31**. For a class schedule, visit www.bikramyogainstitute.com.

Meditation for Mind Body Health – A Beginner's Guide. A two-session meditation training for establishing a daily meditation practice. It examines different forms of meditation plus myths and misconceptions about meditation. Students will learn and practice a non-religious, silent meditation technique to establish well-being and inner peace. The series will be taught by Sarah McLean, director of the Sedona Meditation Training Company, www.sedonameditation.com. McLean studied in India, was a two-

year resident at a Zen Buddhist training center and a founding director of Deepak Chopra's Center for Wellbeing in Carlsbad, Calif. **Details:** 5-6:30 p.m. Saturday, July 17 and 10-11:30 a.m. Sunday, July 18 at Bikram Yoga Institute. Reservations requested. Register at BYI: \$40 in advance and \$45 at the door for the series (a \$145 value). For questions, call Sarah McLean 928-204-0067.

Fitness Challenge IQ (Internal Quotient) : Pre/Post body composition scans and blood work-up. Using the Lunar iDXA scanner from GE, as seen on NBC's *The Biggest Loser* program, Dr. Elaine Burns of Vital Solutions MD will measure body fat percentage and total lean muscle pre and post challenge and provide pre/post blood work analysis of blood sugar regulation (diabetes/pre-diabetes risk) and cardiovascular risk. Each pre/post analysis includes a 30-minute physician consultation/assessment. **Details:** Available only to Bikram 30-Day Challenge participants, the Pre/Post Fitness IQ assessments (valued at \$775) are available for \$355 and will be done at Vital Solutions MD, 14354 N. Frank Lloyd Wright Blvd., Ste. #7, Scottsdale 480-477-6334.

Acupuncture Clinic for Wellness, Weight Loss and Back Pain. Dr. Elaine Burns, naturopathic trained in acupuncture, will give acupuncture clinics in July and August addressing weight problems, back pain and general vitality. Dr. Burns specializes in anti-aging medicine, including weight loss, hormone balancing and, acupuncture for skin rejuvenation. **Details:** 10 a.m. Saturdays July 10 and Aug. 14 at Bikram Yoga Institute, \$25. For questions on acupuncture, call Dr. Burns at 480-430-8418. To sign up for sessions, contact BYI at 480-946-2116 or e-mail bikramyogainstitute@netzero.net. Except for the Fitness IQ body scans, all sessions will be held at the Bikram Yoga Institute, 7620 E. Indian School Road, #115, Scottsdale.

Total Body Wellness

Save \$770.00 on the Complete Package!

(\$1315.00 value) only \$545

Or choose individual modalities and still Save!

30 Day Challenge- **Save \$30** only \$125

60 Day Challenge- **Save \$185**, only \$125 (2nd month free!)

Meditation for Mind Body Health- **Save \$105**, only \$40

Fitness Challenge IQ- **Save \$420**, only \$355

Acupuncture for Wellness- **Save \$60**, only \$25

**Sign up today and become one step closer
to Total Body Wellness, only at the BYI!**