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Bikram Yoga The Guru Behind Hot Yoga Shows the Way to Radiant Health and Personal Fulfillment by Bikram Choudhury 9780060568085 (Hardback, 2007)

Teachers | bikram yoga chadds ford

Jane Clark Jane first discovered Bikram Yoga while visiting her sister in Seattle in the mid-90s. As an avid runner, it seemed like a challenging workout

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Bikram Yoga International Class Schedule. Monday - Friday: 7am 8:45am 10:30am. 4:30pm 6:15pm 7:45pm. Saturday & Sunday: 10:00am, 4:30pm

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