



Bikram Yoga Richardson Presents

3 Days With The Champions AUG. 5-7

Join us at Bikram Yoga Richardson for a three day event as we host a visit from the 2008 Bishnu Gosh Cup Championship winners Alisa Matthews & Sittpong Rattanpong (Ball)

➤ Tuesday, August 5th

4:30 BEGINNER CLASS*

6:30 DEMO & DISCUSSION

8:15 BEGINNER CLASS*

➤ Wednesday, August 6th

9:30 BEGINNER CLASS*

11:30 - 3:00 ADVANCE CLASS & COACHING

➤ Thursday, August 7th

4:30 BEGINNER CLASS*

6:30 BEGINNER CLASS*

8:15 ADVANCE CLASS & COACHING

**Beginner Classes Will Be Led By Alisa Or Ball*

Alisa Matthews

Alisa attended Bikram's Yoga Teacher Training in the summer of 2004. Since graduation, she has been teaching as well as part of the work staff for Bikram's International Headquarters in Los Angeles, CA. Alisa has competed in the International Yoga Asana Championships 2005, 2006 (US Gold Medal), 2007 (US Gold Medal), and in 2008 she won both the US and the World Title.

Sittipong Rattanapong (Ball)

Ball attended Bikram's Teacher Training in the summer of 2004. He participated at the international level for 4 years in a row. On February 3rd, 2008, Ball was crowned International Yoga Asana Champion. Since October of 2004, Ball had taught in Thailand for 2 years then in Hong Kong for a brief period and in Korea until March of 2008 when the one year contract ended.

For more info visit:

www.bikramyogarichardson.com



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