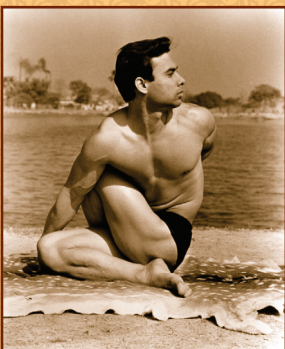


Inches Make A Champion



ALL YOU NEED IS JUST A FEW MORE.

Learn From the Champions.

Join **Bikram Yoga Dallas** for a two day event, November 17th & 18th as we host a visit from the 2007 Bishnu Gosh Cup Championship winners Ky Ha and Cynthia Wehr.



Ky Ha, Peacock Pose



Cynthia Wehr, Standing Head to Knee Pose

Ky Ha

Born in Vietnam, Ky Ha has lived in Houston, Texas since the age of three. Growing up, Ky suffered numerous car accidents and as a result incurred chronic ailments throughout his body. He took his first Bikram Yoga class in July 2003 at the request of a friend and found something that truly changed his life.

"I hated going to class so much in the beginning. I was so weak and inflexible, I couldn't even touch my toes." Through sweat and determination, Ky has practiced yoga every day since then and has made a transformation of his mind, body and soul.

Ky graduated from Bikram Yoga teacher training in the summer of 2004 and has gone on to compete in the International Yoga Asana Championships in 2005, 2006 (bronze medal) and 2007, when he won the U.S. and International title. Ky currently teaches and practices in Houston.

Cynthia Wehr

Cynthia began her yoga journey at the age of 19 and delved into many different styles for 5 years before she took her first Bikram Yoga class. It was destiny to be a Bikram yogini when she moved right next to Headquarters in 2001. Cynthia was born in Switzerland and moved to Singapore at the age of 3, where she has treasured many fond memories. She continued to live in England, Japan, Germany and attended New York University where she got her BFA in Drama.

She became certified in Spring 2003 and then worked for Bikram at HQ for 2 years. She then spent 8 months in Tokyo teaching future Bikram instructors. Cynthia has competed in the Bishnu Charan Ghosh Championship in 2005 (US Champion / Silver World Title), 2006 and this year 2007 she won the U.S. and International title. She currently teaches at Bikram Yoga San Jose, CA and looks forward to traveling around the globe in 2007 to promote Bikram Yoga and inspire future competitors.

Saturday, November 17th

- Beginning class led by Cynthia
- Demonstration of championship routine plus additional advanced postures
- Discussion on competition (purpose, goal and activity)
- Question and Answer session

Sunday, November 18th

- Beginning class led by Ky
- Advance class/workshop for competitors and teachers only
- Coaching clinic for competitors

For more information please visit:

www.bikramyogadallas.com

www.texas yogachampionship.com



Bikram Yoga Dallas
6333 E. Mockingbird Ln.
Suite 253
Dallas, TX 75214
(214) 824-YOGA
info@yogadallas.com