

BIKRAM YOGA DANBURY

PRESENTS

Appreciating the Healing Practice

*Practice for Physical Vitality,
Emotional Stability, and Mental Clarity*



WITH SENIOR INSTRUCTOR

DIANE DUCHARME GARDNER

Diane has been practicing for four decades and was certified by Bikram Choudhury to teach in 1995. She assists at Teacher Trainings with Bikram and travels the World helping students and teachers learn the value of this healing practice.

SATURDAY, MARCH 29, 2025

POSTURE CLINIC: 12 PM - 4 PM

Beginner's class is 10 AM

COST: \$125.00 (plus tax)

*To register or for more information
call 203-778-9642, or scan QR code*



Bikram Yoga Danbury • 83 Mill Plain Road • Danbury CT