

26 Banat Str.

Hladilnika

Sofia

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37 GRADUSA YOGA – HOT YOGA STUDIO

11 YEARS TOGETHER!

- New clients should arrive 20 minutes before class. See the map to orient yourself well before you go as our street is pretty special :).

You can pay a one-time visit, but if you like the practice, you can purchase a card - it saves money and allows you to book a place.

How to prepare for the first class:

- Eat at least two hours before your workout.
- Drink fluids before coming to class (without caffeine and alcohol).
- Bring water to drink. The studio also available.
- Put on comfortable and suitable for fitness clothes - leggings or tracksuit trousers, vest or shirt. Avoid synthetic fabrics. The effect of practice would be better if you lightly dressed.
- Bring a large towel that you put on your yoga mat. Its use is optional. We ask men to bring two towels. You can rent a towel.
- It is advisable not to wear perfume and lotion before class. Body sweats and after intensive activities. So avoid clogged pores with lotions and more.
- It is normal to feel a little dizziness or fatigue. Do not worry, tell the instructor, sit on the ground, take a sip of water and wait for your discomfort to pass.

FOR YOUR SAFETY:

Hot Yoga is not recommended for pregnant women. Can practice only persons over 16 years of age, and people without serious cardiovascular diseases and unstable blood pressure.

- Yoga has the ability to help with many chronic diseases, but if you have any, please ask your doctor or required professional before you come to class. Required inform the instructor of your previous or current medical conditions, injuries or surgeries.

At The studio you will fill a single form of 'informed consent to participate in hot yoga classes.'



Effects

Only in our studio, which is specially made for this purpose, you will feel the power of hot yoga.

The "37 Degrees Yoga" is not seasonal, it is equally useful in winter and summer.

To be effective your practice, you need to exercise regularly, at least 2 times a week. The body is not cleared from the toxins in one class and all - they are piling up every day by what we eat and breathe, various bad habits and a sedentary lifestyle.

- Eliminates toxins
- Increases blood circulation to any body
- Increases lung capacity and teaches us to breathe properly
- Helps to healthy weight loss
- Tightens the muscles of the body
- Increases flexibility of the spine, reduces pain in spinal
- Treats injuries as a suitable method rehabilitation after operations on the musculoskeletal system
- Strengthens the immune system
- Reduce / regulate blood pressure and cholesterol
- Improves digestion and metabolism, massage internal organs
- Reduces stress
- Improves sleep
- Flush skin and gives it a fresh look
- Increases energy and vitality
- Develops balance, strength and flexibility
- Causes the body and spirit to achieve more and the best for yourself

37 GRADUSA YOGA STUDIO
Class Schedule – spring/summer 2017

<p><u>Monday</u> 7:00 – 8:30 pm</p>
<p><u>Tuesday</u> 7:00 – 8:30 pm</p>
<p><u>Wednesday</u> 7:00 – 8:30 pm</p>
<p><u>Thursday</u> 7:00 – 8:30 pm</p>
<p><u>Friday</u> 7:00 – 8:30 pm</p>
<p><u>Saturday</u> 12:00 – 1:30 pm</p>
<p><u>Sunday</u> 12:00 – 1:30 pm</p>



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Prices

Single Drop-in Class – 15 lv.

4-class Card – 54 lv. (valid 4 weeks)

8-class Card – 88 lv. (valid 5 weeks)

12-class Card – 120 lv. (valid 8 weeks)

12-class Card (for couples) – 120 lv. (valid 6 weeks - 6 credits each)

20-class Card – 190 lv. (valid 12 weeks)

30- class Card – 285 lv. (valid 16 weeks)

* Credits can buy in our studio – cash only. We open 30 minutes before the class.

*When you have credits (card) you can book a class

*Time-period passes are not transferable.

*Group or corporate classes are available by special arrangement. Please contact us for more information.