

Esak Garcia ❁

2005 World Champion

Bishnu Charan Ghosh Cup International Yoga Competition



JOIN US FOR AN ASANA DEMONSTRATION AND DISCUSSION ABOUT YOGA. ESAK WILL DEMONSTRATE BEGINNERS AND ADVANCED POSTURES.

ESAK HAS BEEN PRACTICING BIKRAM YOGA SINCE 1994, IN 2001 HE BEGAN TEACHING, AND IN 2003 HE BEGAN TO PARTICIPATE IN ASANA CHAMPIONSHIPS. ON FEB 20TH 2005, ESAK WON THE INTERNATIONAL BISHNU CHARAN GHOSH CUP, BECOMMING THE FIRST MALE CHAMPION OF THIS EVENT.



DON'T MISS THIS OPPORTUNITY TO INSPIRE YOUR PRACTICE AND SEE THE PROPER EXECUTION OF BIKRAM YOGA ASANAS. A PICTURE IS WORTH A THOUSAND WORDS!



www.esakgarcia.net