

Scene 1

Scene 1  
Establishing shot  
Alarm goes off (beep beep beep)

Zoom in shot of alarm.  
He turns it off



Scene 2  
Tracking shot  
Guy walks in his office.  
Co-worker says: Good Morning John! why  
so tired?

John: (he answers back really down) Hey Carlos ...  
am just stressed with work



Scene 3

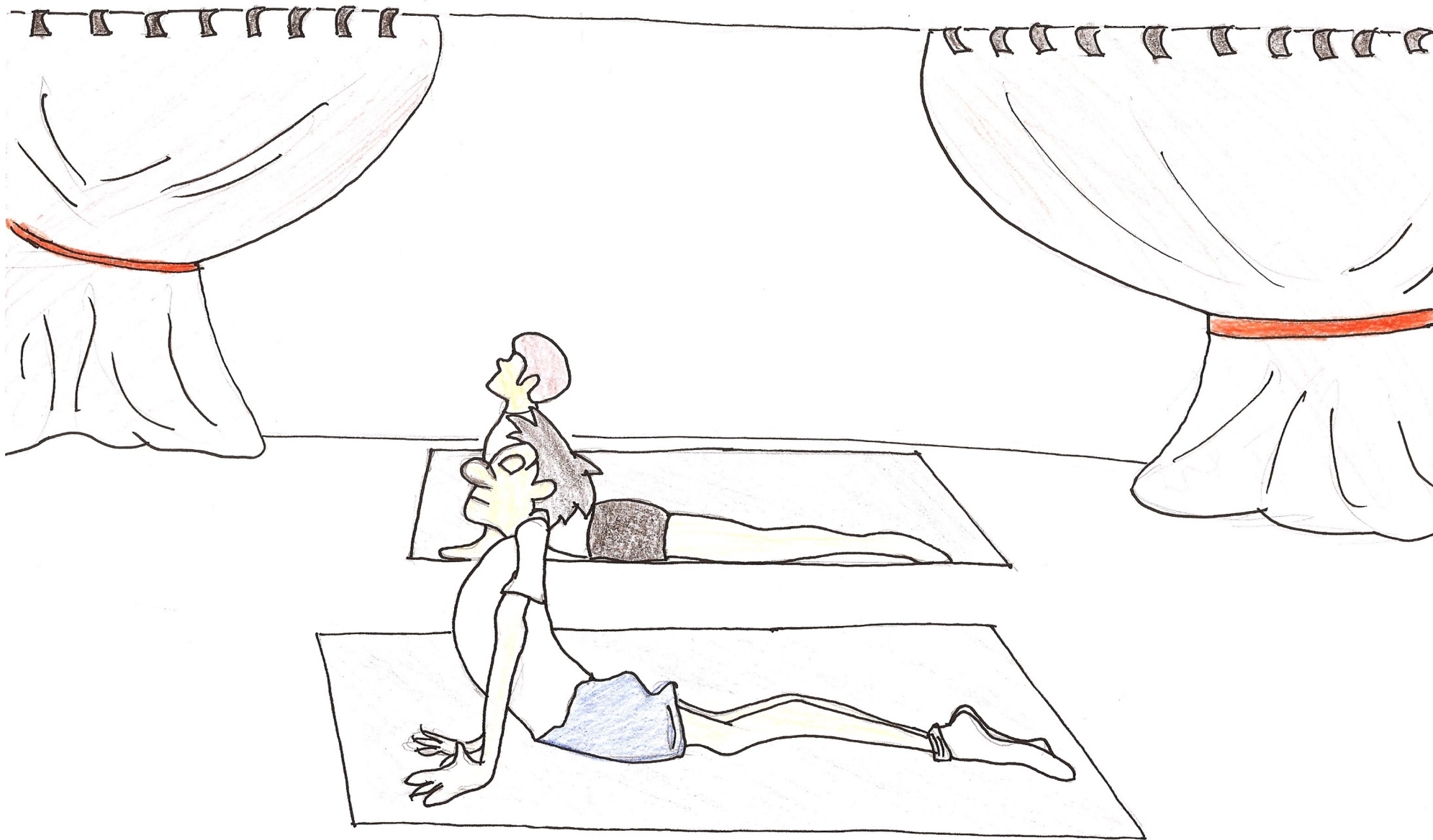
Scene 3

Close up shot

\*(His co-worker hands out a brochure of Bikram Yoga)

John: ( replies back all skeptical) Really?... I dont know i might just give it a try.

Co-worker: You have to try this Bikram Yoga John!It will help you relieve that stress and tiredness you have from all this work, and leave you feeling like NEW!



## Scene 4

Scene 4  
establishing shot / side view  
\*(John begins to enjoy himself and relaxing)

John: (thinking to himself) Hmm my co-worker was right after all. This is amazing!



Scene 5

Scene 5

Medium shot

\*(John walks in at his office, and sees his co-worker)

Co-worker: (laughing) You Welcome!

John: (very energetic) Good Morning!! I feel great! thanks for the advice. Am ready for today!

Stress Free Zone



[www.bikramyoga.com](http://www.bikramyoga.com)

Scene 6  
Logo shot

Narrator: Bikram Yoga in NYC, a "Stress Free Zone"