

Gabriel Halpern

Good for What Ails You

6 Tuesdays, July 10 -

August 14, 2012

12:00 noon - 2:00 p.m.

\$180 paid by Friday, June 29;

\$210 thereafter

All levels welcome. You're encouraged to register early as space fills fast. No partial enrollment accepted.



Learn proper and safe techniques to continue or begin a yoga practice. Each student has the opportunity of one-on-one attention with hands-on assistance by an assigned instructor (apprentice), working under the guidance of one of Chicago's most respected therapeutic yoga experts, Gabriel Halpern.

The class focus is customized for those who register! If you've wanted to take a group yoga class but are limited with mobility due to pregnancy, an injury or an illness, chronic or otherwise, the yoga offered in this class is an option! It's for those searching for a natural way to help heal or deal from the inside out. Some conditions that yoga has been shown to have a positive impact on are:

pregnancy • back care (lumbar pain, SI dysfunction, scoliosis, sciatica)
 neck and shoulder stiffness • hip and knee pain • high blood pressure
 arthritis and joint inflammation • asthma and respiratory difficulties
 insomnia • stress and anxiety • menstrual and menopausal problems
 post-operative recovery • nervous system disorders: MS, Parkinsons

The class is not limited to the above. Bring us your area of concern, and we'll do our best to help alleviate your symptoms! The benefit of one-on-one attention with the hands-on assistance of a teacher (apprentice) gives the student the added benefit of an affordable private-like yoga therapy session.

Gabriel Halpern holds a BA in Philosophy, an MA in Health Psychology, and is a full-time instructor trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of the Yoga Circle in Chicago, IL since 1985. For the past twenty years he has also been a core performance faculty member at De Paul University's Theater Department. His teaching is all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring.

Gabriel Halpern

Good for What Ails You

DATES: 6 Tuesdays, July 10 - August 14

12:00 noon - 2:00 p.m.

FEE: \$180 paid by 4 p.m. Friday, June 29;

\$210 thereafter

STUDENT INFORMATION

The following information is required with your registration

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

What focus would you like covered?

How long have you had this issue?

Were you diagnosed? How long ago?

What would you like to get out of this series?

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50.00 fee. Call or stop in studio to pay by credit card.

_____ \$180 paid by 4 p.m. Friday, June 29

_____ \$210 thereafter

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 3% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellations: We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 3% credit card transaction fee).



PRAIRIE YOGA

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216 prairieyoga@comcast.net

www.prairieyoga.org