

Linda Troutman

Head-to-Toe Therapeutic Yoga

Attend one or sign up for the entire series!

Sundays, 12:00 - 2:00 p.m.

February 19: Focus on the Foundation of the Feet

March 18: Healthy Knees, Hips and Low Back

April 29: Strengthen Your Core with Ease

May 20: Improve Function of Upper Back and Shoulders

Entire Series: \$120 paid by 4 p.m. Friday, Feb. 10;

\$145 thereafter

Individual sessions: \$35 each paid one week prior;

\$45 thereafter



Discover the greater potential of yoga through its therapeutic tradition of applying yoga positions to help address specific physical issues. In each class, we'll target a specific area of the body. Each class includes:

- Awareness of the breath and centering
- Yoga asana for stretching and strengthening key muscles
- Therapeutic adaptations to address limitations or concerns
- Simple anatomy to increase understanding of how the body moves
- Techniques to reduce stress and increase relaxation

This workshop is appropriate for all, from beginning students to yoga teachers.

Linda Troutman, 500 CYT, RYT, has practiced Hatha yoga for more than 20 years and she has taught yoga for 10 years. Linda believes that yoga meets you where you are and that yoga can be adapted for any person. Her teaching style is an eclectic mix of therapeutic yoga encompassing precision of alignment, along with the breath synchronized practices of Viniyoga and vinyasa. Linda is certified 500 CYT by Prairie Yoga and is also a Certified YogaKids® teacher and trainer. She holds in-service trainings, Taste of YogaKids® and Tools for Schools® workshops for educators and other professionals who work with children. Linda has been dedicated to mentoring yoga teachers for many years and is an assistant teacher trainer in the Prairie Yoga teacher Training Programs.



PRAIRIE YOGA

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216

prairieryoga@comcast.net

www.prairieriyoga.org

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FEES

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STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

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.

_____ Series: \$120 paid by 4 p.m. Fri., Feb.10, 2012	_____ \$145 thereafter
_____ Feb. 19: \$35 paid by 4 p.m. Fri., Feb. 10	_____ \$ 45 thereafter
_____ Mar. 18: \$35 paid by 4 p.m. Fri., Mar. 9	_____ \$ 45 thereafter
_____ Apr. 29: \$35 paid by 4 p.m. Fri., Apr.20	_____ \$ 45 thereafter
_____ May 20: \$35 paid by 4 p.m. Fri., May 11	_____ \$ 45 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, you may request a studio credit less 15%. Credit is good for 6 months and may be used for classes, workshops or special events only.
- For cancellations **24 hours or less** before 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 4% 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).



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