

Healing Yoga

5 Fridays

April 13, 20, 27; May 4, 11, 2012

6:30 - 8 p.m.

**Instructors: Polly Deardorff, RN, 500 CYT
Linda Troutman, 500 RYT**

Fees

\$125 by 4 p.m. Fri., April 6;

\$150 thereafter

Minimum 6 students; maximum 10 students



Individualized yoga lessons in a small group setting provide an alternative or supplement to traditional physical therapy. This 5-week series is ideal for those who want to work slowly and gently. Two senior teachers lead this class, adapting the practice of yoga to aid your healing and recovery from injury or to improve your daily life if you are living with a chronic condition.

Give your body the time and space to rejuvenate from an injury or surgery, arthritis, pinched nerves, tight or strained muscles, anxiety, depression, tension and stress, chronic illness, digestive or circulatory issues.



Polly Deardorff, RN, 500 CYT, is a registered nurse and yoga teacher who combines an understanding of Western medicine with the practice of yoga to help students. In addition to therapeutic training through

500-hour Prairie Yoga Teacher Training, she apprentices with master teacher Gabriel Halpern in his therapeutic classes in Chicago.



Linda Troutman, 500 RYT, specializes in adapting yoga for every student, using yoga's therapeutic tools to help students address their conditions. She works with a number of master teachers to explore therapeutics and she apprentices

with master teacher Gabriel Halpern in Chicago. Linda leads therapeutic workshops throughout the western suburbs.

Healing Yoga: 5-week class series

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STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

What is the primary issue that you would like to work on?

Has it been diagnosed? If yes, how and when?

What medications are you taking currently?

Do you have any other health concerns?

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.

_____ \$125 by 4 p.m. Friday, April 6, 2012

_____ \$150 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 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 4% credit card transaction fee).



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