

Resolve to Evolve Workshop and 200-hour Teacher Training Information Meeting

Thursday, August 23, 2012

Instructor: Lori Gaspar

Workshop: 11 a.m. - 12:45 p.m. \$30*

Information Meeting: 1 - 2 p.m. Free

*If you sign up for teacher training, we credit the workshop fee toward your tuition.

Workshop:

Join us for a yoga intensive aimed at helping you evolve from within. Set your intention to infuse your life with positive change. By releasing old patterns, we create space to reveal our essence and to realize the power that is always within us. Prairie Yoga teaching places a special emphasis on aligning the mind, body and spirit to develop deep wisdom and mindfulness. For all levels.



Information Meeting: Learn more about the 200-hour Prairie Yoga Teacher Training program and meet the instructor. We will discuss the content and format of the training; review the certification requirements; and answer your questions. You can review a copy of the Teacher Training Manual.



Lori Gaspar, BFA, MA, 500 E-RYT, is the Director of Prairie Yoga and Prairie Yoga's teacher training programs. Lori began a dedicated practice of yoga in 1997. She has been teaching since 2001 and training yoga teachers since 2003. She was originally certified by Moksha Yoga Center and Tias Little's Prajna Yoga. She has studied with many international yoga teachers; more extensively with Aadil Palkhivala, Judith Hanson Lasater, and Laurie Blakeney, advanced level certified Iyengar instructor. She apprenticed for many years under Gabriel Halpern, a life-long student of BKS Iyengar. She is trained in alignment-based yoga, ashtanga vinyasa, restorative and therapeutics. She studies eastern philosophy at the University of Chicago, including travel to India. Lori's dynamic teaching style combines the intelligent use of vinyasa with a strong emphasis on technique and alignment. She guides students from the physical to the subtle to develop deep levels of self-awareness; realize their full potential; and discover their inner joy.

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STUDENT INFORMATION

Name:

Address:

City/State/Zip:

Phone:

Email:

PAYMENT

We encourage you to pre-register. Space is limited, so registering early holds your spot and qualifies you for the discount price. Classes will be cancelled due to low enrollment. Registering by the early discount deadline helps ensure that the class will be held. Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **Workshop: \$30**

_____ **FREE Teacher Training Information Meeting**

REFUNDS AND CANCELLATIONS

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 refund requests **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 4% credit card transaction fee).



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