

# Tias Little

## Yoga, Prana and the Bloodstream

**Wednesday, April 18, 2012**

**9:30 am - 4:30 pm**

(includes 1.5 hour lunch break)

*Open to All Levels*

**FEE**

**\$125** by Wednesday, March 7

\$150 thereafter

*Special refund policy in effect*



Blood is the essence of our life force, and the blood stream serves to bathe all the cells and tissues of the body. Organic function may be compromised due to compression and stagnation which restrict the blood and prana. This class is designed to help irrigate blood and lymph throughout the body to oxygenate and revitalize the bodily tissues. The aim is to soak, rinse and drain the internal organs through dynamic and supported postures– to aid in nourishing the tissues and in healing chronic pain.

*This event qualifies as 5.5 hours of master teacher electives for Prairie Yoga teacher trainees or continuing education credits for registered Yoga Alliance teachers.*

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**Tias Little** has been a student of Iyengar Yoga since 1985. He spent 6 months in Mysore in 1990 studying Ashtanga Vinyasa Yoga and again in 1996. He is a student of Tsoknyi Rinpoche's in the Dzogchen practice of Vajrayana Buddhism. He is steeped in the Soto School of Zen Buddhism and is an avid student of Dogen.

Tias is trained in massage, cranial-sacral therapy and has studied extensively with Tom Myers in Anatomy Trains. In 1998 he earned a Master's degree in Eastern Philosophy from St. John's College. Since 2006 Tias has been studying trauma and recovery through Somatic Experiencing.



**PRAIRIE YOGA**

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

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### DATE

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### FEE

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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.

\_\_\_\_\_ **\$125 paid by Wednesday, March 7**

\_\_\_\_\_ \$150 paid thereafter

### REFUNDS & 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**, 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).



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