



4701 AUVERGNE AVENUE, SUITE 104, LISLE, IL 60532 WWW.PRAIRIEYOGA.ORG (630) 968-3216

**Winter/Spring 2012 Schedule: January 9 - June 3, 2012**

Updated 2/1/12

Classes indicated below in red require pre-registration.

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**MONDAY**

10:00 - 11:15 a.m.	<b>Level 1</b>	Linda
12:00 - 1:15 p.m.	<b>Senior Yoga</b>	Jennifer
4:30 - 5:45 p.m.	<b>Level 1-2</b>	Lynda
6:00 - 7:30 p.m.	<b>Iyengar 2-3</b>	Michael
7:45 - 9:00 p.m.	<b>Level 1</b>	Motomi

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**TUESDAY**

9:00 - 10:30 a.m.	<b>Level 2-3</b>	Lori
4:00 - 5:15 p.m.	<b>NIA</b>	Polly
5:30 - 6:45 p.m.	<b>Level 1-2</b>	Denise
7:00 - 8:30 p.m.	<b>Level 1-2</b>	Motomi

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**WEDNESDAY**

9:30 - 10:45 a.m.	<b>Level 1-2</b>	Rebecca
12:00 - 1:30 p.m.	<b>Level 1-2</b>	April
4:30 - 5:45 p.m.	<b>Level 1-2</b>	Linda
6:00 - 7:30 p.m.	<b>Level 2-3*</b>	Marinda
7:45 - 9:00 p.m.	<b>Level 1*</b>	Marinda

\*Not held the first Wed of each month.

6:30 - 9:00 p.m.	<b>Master Class</b> held first Wed of each month Held 1/4, 2/1, 3/7, 4/4, and 5/2	Gabriel Halpern
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**THURSDAY**

9:00 - 10:30 a.m.	<b>All Levels</b>	Tricia
5:30 - 6:45 p.m.	<b>Level 1-2</b>	Rebecca
7:00 - 8:30 p.m.	<b>Special Class Series:</b> See topics and dates below. Pre-registration required.	
	<b>Restorative Yoga</b> , Jan 12-Feb 9 (5 weeks- \$90)	April
	<b>Yoga Basics 101</b> , Feb 16-March 15 (5 weeks- \$75)	Polly
	<b>Intro to Meditation</b> , April 5-26 (4 weeks- \$60)	Paul
	<b>Yoga Basics 101</b> , May 3-31 (5 weeks- \$75)	TBD

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**FRIDAY**

9:30 - 11:00 a.m.	<b>All Levels</b>	Marinda
11:30 a.m. - 12:45 p.m.	<b>Gentle Yoga</b>	Polly

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**SATURDAY**

8:00 - 9:15 a.m.	<b>Level 1-2</b>	Denise
9:30 - 10:45 a.m.	<b>Level 2-3</b>	Laura

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**SUNDAY**

9:30 - 11:00 a.m.	<b>Level 1-2</b>	Rebecca
4:00 - 5:30 p.m.	<b>FREE Community Class</b>	Teacher Trainees

Held the 2nd and 4th Sunday of each month

Time moves to 4:30 - 6:00 p.m. on Feb 12 due to special event.

Community Class is cancelled on April 22 due to special event.

Community Class is cancelled on Easter Sunday and Mother's Day.

**HOLIDAYS:** We are closed Easter and Memorial Day.

Please visit our website for any last minute changes to our schedule: [www.prairieyoga.org](http://www.prairieyoga.org)

**Studio Office Hours:** Our office may be closed mid-day when there are no classes.

*Yoga is for Everyone*

## CLASS DESCRIPTIONS

Classes are on-going, require no pre-registration, and students may join at any time. (Unless noted)

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### Level 1: Beginner

Rediscover your body and breath while learning the fundamentals of yoga in this on-going class for beginners.

### Level 2: Continuing

Refine the basics and safely learn beginning and intermediate levels of asana (physical postures), pranayama (breathwork) and meditation.

### Level 3: Intermediate

Learn intermediate asana, pranayama and meditation techniques to challenge yourself and deepen your practice. For experienced students only.

### Community

FREE classes taught by teachers-in-training. Held the second and fourth Sunday of every month. Donation optional for teachers resource center.

### Forrest Yoga Inspired

A vigorous flow class with longer holds emphasizing breath, heat, strength and corework to sweat out toxins and release tension. The room is heated moderately to around 80-85 degrees.

### Gentle Yoga

This class is ideal for anyone wanting a slower-paced yoga class as well as for beginners and those recovering from illness or injuries. Poses are modified and supported to make this class suitable for anyone regardless of age, body type or yoga experience.

### Healing Yoga (Pre-registration required. Special fee.)

Two senior teachers adapt the practice of yoga to aid your healing and recovery from injury and help improve your daily life if you are living with a chronic condition. Also appropriate for those who just want to work slowly and gently in a small class setting.

### Iyengar

Yoga with a strong focus on standing poses, inversions and alignment. Props are used to facilitate learning and provide support for less flexible students.

### Master Class with Gabriel Halpern (Level 2-3)

Master class with Chicago's one and only, Gabriel Halpern. Class will include dharma talk, back bends, head stand and shoulder stand. For experienced students only.

### Meditation Basics 101 (Pre-registration required. Special fee.)

Learn the basics of meditation to help reduce tension and stress and increase focus and concentration. Several meditation techniques are taught consistently so you can develop your own meditation routine to use at home or anywhere. Class includes time for discussion.

### NIA: Mind/Body Movement and Yoga (Appropriate for all levels, no experience necessary)

Explore the joy of movement in this fun mind/body cardio class combining simple dance with martial arts and yoga. The dynamic movement strengthens your body, releases tension, and enhances overall well-being. The end of the class will include yoga stretches and a relaxing savasana.

### Private Lessons

Individual lessons to address your unique needs. Instructor will work with you one-on-one to help you achieve your goals.

### Senior Yoga

This class is designed to help seniors or anyone with health challenges regain flexibility, strength, balance and concentration.

### Yoga Basics 101 (Pre-registration required. Special fee.)

Learn the basics of yoga in this 5-week class series. Appropriate for those who have never practiced yoga before and want to learn in a more structured class. Also great for those who want a refresher on the basics.

### Restorative Yoga (Pre-registration required. Special fee.)

Recuperative postures are held for longer lengths of time and props are used to support a deep sense of letting go with maximum comfort, regenerating the mind and body by offering deep supported rest.