

The only Anusara Yoga™ Studio in Illinois!

Anusara Yoga: an innovative and highly effective expression of hatha yoga, founded by John Friend. Specific alignment principles are taught to promote safety and empower students to achieve their full potential. Heart-oriented themes connect students to the deeper purpose of yoga.

Summer 2008 Schedule

Class Fees

| | |
|----------------------------------|-----------------------------|
| 1/2 Price Flow Class (cash only) | \$8: adults/\$5: 23 & under |
| 8-Week 101 & Vinyasa Class | \$120 (\$110 pre-sign-up) |
| Single Class | \$17 (drop in rate) |
| 10 Class Package | \$145 |
| 20 Class Package | \$245 |
| 23 & under Single Class | \$12 (drop in rate) |
| 23 & under 10 Class Package | \$110 |
| 23 & under 20 Class Package | \$200 |

\$20 Unlimited First Week Special (IL residents only)
 Purchase your first class, your 2nd class is FREE

8-Week Anusara 101 class

An 8-Week in-depth focus on Anusara Yoga geared towards advanced and beginning level students.

Founded in 1997 by John Friend, Anusara combines a strong emphasis on physical alignment with a positive philosophy derived from Tantra. The philosophy's premise is a belief in the intrinsic goodness of all beings. Anusara classes are usually light-hearted and accessible to students of differing abilities. Poses are taught in a way that opens the heart, both physically and mentally, and props are often used.

An elegant, concise set of alignment principles called the "Universal Principles of Alignment™" is applied to each asana in the Anusara Yoga method. A central idea within the Universal Principles of Alignment is the 3 A's: Attitude, Alignment, and Action. This refers to a foundational concept within the Anusara method in which every pose is infused with a meaningful intention connected to the grand purposes of yoga, awareness of specific postural alignment, and balanced action between stability and freedom. The specific principles include Muscular Energy and Organic Energy, which are the two complementary forces that provide each pose with a balanced action. Other alignment principles include Spirals and Loops, which help to bring refinement and precision to each pose.

Schedule: Wednesdays: 6:30-7:45pm (starts Sept 10)
 8-Week Course Cost: \$120 (\$110 if you pre-sign up)

Barrington Summer 2008 Schedule:

"Be the change you wish to see in the world." — Ghandi

| Day | Time | Class | Teacher |
|-----|----------------------------------|----------------------|---------|
| M | 9:30-11 am | Vinyasa Flow Class | Wendy |
| | 11:15 am-1 pm | Level 2 Practice | Chad |
| | 6:30-7:45 pm | 1/2 Price Flow Class | Kathy |
| Tu | 9:30-11 am | All Levels Yoga | Sara |
| | 5:15-6:15 pm | Beginning Yoga | Chad |
| | 6:30-8:15 pm | Yoga 1-2 | Chad |
| W | 9:30-11 am | Yoga 1-2 | Kathy |
| | 5:15-6:15 pm | All Levels Class | Kathy |
| | 6:30-7:45 pm | 8-Week Anusara 101* | Kathy |
| | (May 28-July 16, Sept 10-Oct 29) | | |
| Th | 5:15-6:15 pm | Beginning Yoga | Kathy |
| | 6:30-8 pm | Yoga 1-2 | Chad |
| F | 9:30-11 am | All Levels Class | Sara |
| | 6-7:15 pm | 1/2 Price Flow Class | Nadiya |
| Sa | 8:45-10 am | Hip Opener Class | Kathy |
| | 10:05-11:35 am | Vinyasa Flow 2 | Chad |
| Su | 9:15-10:40 am | Vinyasa Flow 1-2 | Jim |
| | 10:45-11:45 am | Beginning Yoga | Kathy |

NOTE: 1/2 Price Flow class is an "all levels" class

1/2 Price Flow Class

1/2 PRICE UPBEAT FLOW CLASS, LEVEL 1-2
 1/2 the price, for the full experience.

An upbeat flow-style class that strengthens and stretches to remove stress. Like happy hour, you get the same class for 1/2 price! Our intention is to give you financial incentive to rock out the house more often. Join the merry band of Yogawerks community. Classes are all levels. Come play with us. Class Times: Mondays: 6:30-7:45pm with Kathy, Fridays: 6-7:15pm with Nadiya. Cost: \$8 for adults, \$5 for 23 & under. Cash only, please.