



122 E. Main Street  
 (2nd floor)  
 Barrington, IL 60010  
**847-713-2423**  
[www.yogawerks.com](http://www.yogawerks.com)

**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 2010 Schedule**

<b>Class Fees</b>	
\$10 Class (Mon pm - cash only)	\$10 (drop in rate)
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
<b>\$20 Unlimited First Week Special</b>	
<i>(IL residents only)</i>	
<b>Purchase your first class, your 2nd class is FREE</b>	

**Barrington 2010 Schedule:**

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

Day	Time	Class	Teacher
M	9:30-11 am 11:15 am-1 pm 6:30-8 pm	Vinyasa Flow Class Level 2 Practice \$10 All Levels Class	Sarah Chad/Staff Kathy
Tu	5:15-6:15 pm 6:30-8:15 pm	Beginning Yoga Yoga 1-2	Rich Chad/Jim
W	9:30-11 am 6:30-8 pm	Yoga 1-2 HOT YOGA - Hip Opener	Kathy Jim
Th	5:15-6:15 pm 6:30-8 pm	Beginning Yoga Yoga 1-2	Kathy Chad/Kathy
F	9-10:30 am 6-7:30 pm	Led Practice All Levels Class	Chad/Staff Nadiya
Sa	8:45-10:15 am	Hip Opener Class	Kathy
Su	9:15-10:40 am 10:45-11:45 pm 4-5:30 pm	Vinyasa Flow 1-2 Beginning Yoga HOT YOGA Vinyassa Class	Jim Sarah Jim

**2010 Immersion with Chad**

**Level One Immersion: 36 credit hours. Intention and studentship, stepping into the flow of grace. Cost: \$650**

Establish a solid foundation in the principals of Anusara Yoga, and make a deep connection to its rich philosophy.

- Universal Principals of Alignment
- Study and practice of asana fundamentals
- Tantric Philosophy & the history of yoga
- Focal points, loops and spirals

**Full 3-Level Immersion:**

**Level One: June 16-20**

**Level Two: Aug 12-15**

**Level Three: Oct 13-17**

**For more details and to pre-register, please call 847-713-2423**

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