

Nancy DL Heraty

Yoga for Scoliosis

**(8) Tuesdays, 6:30 - 8:00 pm
September 5 - October 24, 2017**

\$150 for 8 week series due Tuesday, August 29, 2017; \$165 thereafter
\$25 drop-in available for students who have previously attended classes with DL
4.5% transaction fee added for credit card payments.

SPECIALTY CLASS. Pre-registration required.



THIS 8-WEEK SPECIALTY CLASS SERIES IS DESIGNED FOR ADULT STUDENTS WITH SCOLIOSIS, a lateral curvature(s) of the spine. Yoga poses offer relief with the use of traction, props and relaxation to alleviate pain and discomfort. Students will be lead into poses to elongate the spine, de-rotate the curve and reduce compensatory patterns while standing, sitting and lying down. Deepening the breath will be a major component during the sessions. Poses will be adjusted for your specific curve pattern. *All levels are welcome, from new yoga students to teachers.*

Note: New students need to have DL diagnose your curve patterning before attending the class series. Either attend the assessment workshop on Saturday, August 26 or schedule a private spine assessment with DL.

To schedule an assessment, or for any questions contact DL at 708-404-YOGA or lizardwocw@gmail.com



Nancy DL Heraty teaches classic hatha yoga with emphasis on alignment and is a specialist in teaching therapeutically for those with issues of the spine. DL trained with Iyengar teacher Elise Miller to become a Yoga for Scoliosis Trainer. DL and Miller have co-authored a book, "Yoga for Scoliosis and Back Care," just released in Spring 2016. DL continues to study and assist Gabriel Halpern in therapeutic and restorative yoga at Yoga Circle in Chicago. Visit www.yogajourneytotheheart.com for more information about Yoga for Scoliosis and the spine assessment.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit 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** before the event, you may request a refund less 50%.
- 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 credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN
YOUR SELF

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532
(630) 968-3216 prairieryoga@comcast.net
www.prairieryoga.org