

Maria Luisa Basualdo

Friday Night Reset: Restorative Yoga and Pranayama

(1) Friday per month

September - December 2017

6:30 - 8:00 pm

September 22

October 13

November 17

December 15

\$25 per class paid one week prior; \$30 thereafter

\$80 for all 4 classes paid in full by Friday, Sept. 15, 2017

Additional 4.5% transaction fee added for credit card payment



UNWIND THE STRESSES OF THE WEEK AND START YOUR WEEKEND OFF RIGHT! Learn

supported modifications of the classical asanas to fully experience the steadiness and comfort that leads to a restful state and successfully introduces students to the practice of Pranayama (breath control).

Prerequisite: one year of yoga experience is recommended.



MARIA LUISA'S TEACHING STYLE draws both from the different yoga methodologies she has studied and also from her background as a modern dancer. After a severe injury, she decided to follow the path of yoga, which ultimately drew her to the Iyengar Yoga method. Her classes range from vigorous to restorative, and she enjoys working with all levels. Certified in the Iyengar yoga method in 2000, she has studied for more than a decade with senior Iyengar teachers such as: Marina Chaselon, Ramanand Patel, Lois Steingberg, Gabriel Halpern, John Schumacher, Patricia Walden, Manuso Manos, and the Iyengars themselves in Puna, India. She has also studied Ashtanga Yoga with Pattabhi Jois in Mysore, India, Indra Devi-style yoga in Buenos Aires and Jivamukti yoga in NYC.

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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.

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☐ September 22 ☐ October 13
☐ November 17 ☐ December 15

Total: \$25 x ____ = \$ ____
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_____ **\$80 for all 4 classes by Friday, September 15, 2017**

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.prairieriyoga.org