

Intro to Yoga

Learn the fundamentals of yoga in this structured 5-week class series.

3 sessions to choose from!

(5) Thursdays, 7:00 - 8:15 pm
with Motomi Naito

- **July 13 - August 10, 2017**
- **August 17 - September 14, 2017**
- **September 21 - October 19, 2017**

\$90 paid one week prior;
\$100 thereafter

4.5% transaction fee added for credit card payments.



NEW TO YOGA?

This class will teach you the basics of yoga and will help you:

- increase strength and flexibility
- improve balance
- reduce stress and lower blood pressure
- increase range of movement
- improve mood to enhance your quality of life
- feel and look younger

Each session focuses on:

- safe and healthy body alignment
- fundamental seated, standing and reclining yoga poses
- breath awareness
- relaxation techniques
- simple, short forms of meditation

This is a supportive environment for anyone with a desire to improve their physical and mental health. Everyone will work within their own ability. Take this class once or repeat it several times until you feel ready to attend our regular drop-in classes. Mats and other props are available for use free at the studio.

SPECIALTY CLASS: Pre-registration required.



MOTOMI NAITO, 200 CYT, has been practicing yoga since 2004. She enjoys practicing different styles of yoga and is especially drawn to the precision and alignment of Iyengar Yoga and to the strength of Forrest Yoga. She completed the Prairie Yoga 200-Hour Foundation Teacher Training in 2009 and Ana Forrest's Advanced Teacher Training in 2011. Motomi continues her practice and study with the senior teachers in the Chicago area and is grateful for their guidance and inspiration.

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5-Week Series

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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.

_____ **\$90 if paid one week prior;** _____ \$100 thereafter

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

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