

# Dale Johnson

## YogaFST: Functional Suspension Training

**FREE Sample Class**

**Tuesday, October 10, 2017**

**7:00-8:15 pm**



**4 WEEK CLASS SERIES**

**(4) Tuesdays, October 17 - November 14, 2017**

(no class October 31)

**7:00 - 8:15 pm**

**\$100 by Friday, October 13, 2017;**

**\$110 thereafter**

*Additional 4.5% transaction fee added for credit card payment*

Class maximum: 8 Students



**WHAT IF YOU COULD PRACTICE ALIGNMENT INSPIRED YOGA AND MOVEMENT BASED STRENGTH TRAINING AT THE SAME TIME - CREATING LEAN, STRONG AND SUPPLE MUSCLE?**

That's the premise behind YogaFST (Functional Suspension Training). You already practice yoga. Now, combine suspension training with your yoga practice and create a new level of strength and awareness in your body, mind and spirit. The focus, breath, awareness and alignment of your traditional yoga practice is the foundation of YogaFST.

With YogaFST, you will be introduced to suspension training using resistance bands in a 75 minute yoga class. Combining the two in this unique way offers strength in full range of motion, exploration of the underdeveloped senses of proprioception (the ability of the mind to sense where your body is moving in space) and interception (the ability of the mind to feel the inside of the body) using instability. You will engage your core strength and notice its effect on your balance.

During this 4 week YogaFST series, you will:

- Learn basic concepts of suspension training and how to integrate them with your yoga practice
- Experience the benefit of working your muscles while being traction and suspended simultaneously
- Complete YogaFST sequences that include standing postures, twists, forward folds and inversions
- Feel the difference as you practice yoga poses with and without suspension

If YogaFST piques your curiosity, we invite you to try a class for FREE on Tuesday, October 10.

Not appropriate for beginner students and those with recent injuries or chronic pain.

*All suspension equipment will be provided. We recommend you wear yoga socks with gripper bottoms to provide traction. Not intended for beginner yoga students.*



**DALE JOHNSON, 200 RYT** has been practicing yoga for 10 years, teaching for 3 years and performing YogaFST for 4 years. Taking an eclectic approach to yoga, Dale combines the alignment principles of the Iyengar method, the meditation in movement of vinyasa, long holds and principles of yin, and the new understanding of the role of the muscular/fascial matrix of Tom Meyers in his classes. Dale's philosophy behind YogaFST is to teach a new, fun way of building body strength that will enhance one's yoga practice and provide balance in life.



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## Yoga Functional Suspension Training

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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.

\_\_\_\_\_ **\$100 by Friday, October 13, 2017**    \_\_\_\_\_ \$110 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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