

Bob Whittinghill & Todd Howell

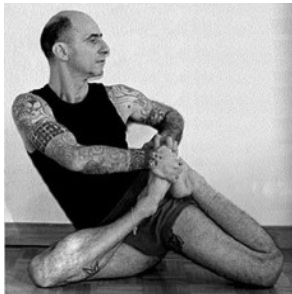
Tonic with a Twist

Sunday, October 15, 2017
2:30-5:30 pm

\$55 by Friday, October 6, 2017;
\$65 thereafter

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

A STYLIZED SETUP or newly explored micro movement might freshen perspectives towards practice. New twists, often on familiar poses, can help overcome challenging hurdles, reconsider habits, and provide tonic against troubles. This workshop will be a shot of classic Iyengar yoga nuanced pro-actions. Bob and Todd will be your mixologists serving asana straight up, or on the blocks.



BOB WHITTINGHILL is a dedicated, long-time student of the culture of yoga, committed to practices of creative expression and self-transformation. He has taught Iyengar yoga since 2000, and is certified by IYNAUS at the Intermediate Junior level.



TODD HOWELL is a Certified Iyengar Yoga teacher and longtime practitioner of this method. He has studied at the Iyengar Institute in Pune and continues an ongoing studentship with senior teachers across the country.

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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.

_____ **\$55 by Friday, October 6, 2017;** _____ \$65 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 YOURSELF

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