

Rachel Lackowski

Myofascial Yoga

(4) Wednesdays 7:00-8:15 pm
October 4-25, 2017

\$100 by Wednesday, Sept. 27, 2017;
\$115 thereafter

**4.5% fee added for credit card payments.*



HAVE YOU EVER HAD THAT STIFF, CREAKY, ACHY FEELING IN YOUR BODY?

It's not quite muscle ache, but a feeling that can be felt in different places at various times. Most of us have, and it could actually be the fascia in your body causing the ache, not your muscles. Fascia is a sheet of tissue, made up of densely packed protein fibers that weaves through your entire body. It helps bind and support your bones, muscles, and even your organs.

In this 4 week series, you will gain a comprehensive understanding of what fascia is, how it works in your body, and how you can release your fascia for a deeper asana practice. With 11 years experience as a Licensed Massage Therapist, Rachel has a vast amount of knowledge that she can share with you on this topic. Each class will provide you with a few self massage techniques for fascial release using props or your hands, as well as an asana practice based around the areas you've massaged. Combining these two modalities into one class will aid in healthier muscles and tissues, as well as a greater understanding of how to take care of your own body.

RACHEL LACKOWSKI, 200 CYT, has been practicing yoga for over nine years. She is a graduate of Prairie Yoga's 200 hour teacher training. She has also trained with a variety of teachers who have a wide range of yoga practices behind them, everything from Ashtanga to Tantra. This experience gives her teaching style a unique mixture to pull from, resulting in fun-filled classes that leave you feeling de-stressed, refreshed and liberated! She is also a licensed traditional massage and Thai massage therapist, and she uses her knowledge of the body to guide her students safely into a deeper asana practice. Rachel continues to take workshops and classes to expand her knowledge so she can give her students the best class experience possible. She is currently enrolled in Prairie Yoga's 500 Hour Advanced Yoga Teacher 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 Wednesday, September 27, 2017; _____ \$115 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

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