

Tricia Fiske

Meditation - Know Your Self

**(4) Tuesdays, 7:00-8:10 pm
September 12 - October 3, 2017**

\$100 due by Friday, September 8, 2017;

\$115 thereafter

Drop-in: \$30

4.5% transaction fee added for credit card payments.

Open to all students - from beginners to experienced students.

WE LIVE IN TWO WORLDS, the external world of work, family, and community and the internal world of our deepest reality and "self" perception. The goal is to live skillfully in both of these worlds and learn to balance them. Meditation helps guide us through the desire to know ourselves on all levels and to become more loving, dynamic and creative in the external world.

We will begin with 15 minutes of gentle yoga to relax the nervous system, then practice a different type of meditation each week, from breath work to visualization, to explore the inner world and find what is most relevant and useful for us. This class is useful for both creating a meditation practice and deepening an existing one. Time is allowed at the end of each class for questions and discussion.



TRICIA FISKE, BA, 500 E-RYT, has been a student of yoga since 1997 and a teacher since 1999. She is primary faculty for Prairie Yoga's Teacher Training Programs. Tricia is a leader in the west suburban yoga community and has trained and influenced many teachers in the area. She finds joy in her students realizing their personal power and strength. Tricia follows the Six Gems of ParaYoga in practice and teaching: DHARMA: destiny and surrendering into that which you are born to be; TANTRA – self mastery over mind and prana; VIDYA – science and seated wisdom; AGNI – fire, becoming powerful to release those things that hold us back; PARAMPARA – honoring the Source, and NONDUALITY. www.triciafiske.com

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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 due by Friday, September 8, 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 / ALIGN YOURSELF

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