

Linda Troutman

Head-to-Toe Yoga

(1) Friday evening per month

October 2017 - May 2018

6:30 - 8:30 pm

October 13 Feet, Posture and Balance

November 10 Knees and Hips

December 8 Low Back

January 12 Release the Stress
from the Holidays

February 9 Core and Pelvic Floor

March 9 Neck, Shoulders and
Upper Back

April 13 Yoga for the Immune System

May 11 Yoga Nidra



\$35 each paid one week prior; \$45 thereafter

Additional 4.5% transaction fee added for credit card payment

DISCOVER THE GREATER POTENTIAL OF YOGA by adapting yoga positions to increase function and alignment and address misalignment which can be the cause of pain and reduced functional movement. In each class, we'll target a specific area of the body with the goal of creating more stability and ease.

Each class includes:

- Awareness of the breath and centering
- Yoga asana for stretching and strengthening key muscles
- Hands on assistance from apprentices in the 500 hour teacher trainee program
- Props and adaptations to address limitations and concerns
- Simple anatomy to increase understanding of how the body moves
- Techniques to reduce stress and increase relaxation
- Home program pdf to use to increase the positive effects of the practice.

This program qualifies for YACEP credits with Yoga Alliance.

This workshop is appropriate for all, from beginning students to yoga teachers.

Apprenticeships available for yoga teachers.

Contact Linda for more information at lintoutman@gmail.com for more information.



LINDA TROUTMAN, BS, 500 E-RYT, C-IAYT has practiced Hatha Yoga for over 25 years, teaching since 2000. She is a Certified Yoga Therapist with Yoga North and International Soma Yoga Institute, meeting high standards by the International Association of Yoga Therapists. Linda believes that yoga meets you where you are and can be adapted for any person. Her teaching style is an eclectic, therapeutic mix of Somatics, SomaYoga, precision of alignment, and the breath-synchronized practices of Vinyoga and vinyasa. Linda is certified 500 CYT by Prairie Yoga and teaches students of all ages. She is a Certified YogaKids® teacher and has certification for working therapeutically with seniors by Duke Integrative Medicine. Linda has been dedicated to mentoring yoga teachers for many years and is a teacher trainer in the 200 & 500 hour Prairie Yoga Teacher Training programs.

Linda Troutman, E-RYT 500

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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.

<input type="checkbox"/> 10/13/17 Feet, Posture & Balance	<input type="checkbox"/> 2/9/18 Core and Pelvic Floor
<input type="checkbox"/> 11/10/17 Knees and Hips	<input type="checkbox"/> 3/9/18 Neck, Shoulders and Upper Back
<input type="checkbox"/> 12/8/17 Low Back	<input type="checkbox"/> 4/13/18 Yoga for the Immune System
<input type="checkbox"/> 1/12/18 Release the Stress from the Holidays	<input type="checkbox"/> 5/11/18 Yoga Nidra

_____ **\$35 paid one week prior; _____ \$45 thereafter**

of classes attending: _____ x \$35 = \$ _____

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.



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