

Plus-sizeYoga

Elizabeth Vesto

Saturdays, 9:00 am - 10:15 pm (New Time!)

- August 26-October 21, 2017 (no class September 23)
- November 11 - December 30, 2017

Rachel Townsend

Mondays 10:30 - 11:45 am

- August 21-October 16, 2017 (no class September 4)
- October 30-December 18, 2017

Thursdays, 5:30 - 6:45 pm

- August 10-September 28, 2017
- October 12 - December 7, 2017 (no class November 23)

\$135 early price paid one week prior to start

date; \$150 thereafter

SPECIALTY CLASS: Pre-registration required. Additional 4.5% transaction fee added for credit card payment.
No pro-rates or make-ups for missed classes.



YOGA IS FOR EVERYONE, including those of us in bigger bodies. In this plus-sized class, we will explore adaptations for everybody. Come to this welcoming yoga class where we feel comfortable in our bodies just as we are today.

Plus-Size yoga will stretch, strengthen and help bring you home to your body. Props will make each pose feel comfortable, and you will be working with the body that you have today-exactly where you are. Grow your yoga practice with joy and kindness by linking breath with movement, and having a great time.



RACHEL TOWNSEND became interested in yoga in 2010 and began her yoga journey learning from books and DVDs. Feeling hesitant to walk into regular yoga classes as a plus-size beginner, she searched out larger bodied teachers and discovered how critical in-person instruction from a good teacher is. She began taking classes, workshops, and many different training sessions from a wide variety of teachers (of all shapes and sizes), pulling out what works best for plus-sized bodies. She completed her RYT-200 certification at Ganesh Yoga and Fitness and has been teaching yoga since 2014.



ELIZABETH VESTO, 200 CYT, draws inspiration from many different branches of yoga and studies with Linda Troutman, Lori Gaspar and Marinda Stopforth. She earned her 200 hour yoga teacher certification from Prairie Yoga and is currently enrolled in the 500 hour Advanced Training. Elizabeth is a mentor in the All-Embracing teacher training, which is geared toward students who want a more gentle or modified approach. She enjoys making yoga accessible to students with different abilities and different body sizes through the use of modifications and props, including plus-size, seniors and chair classes. Elizabeth teaches meditation and has been performing gong baths since 2012.



Plus-sizeYoga

8-Week Class Series

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 November 11 - December 30, 2017

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\$150 thereafter**

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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.

_____ **\$135 if paid one week prior; \$150 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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SELF

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