






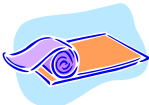
A RELAXED YOU, INC.
 11121 S. Kedzie Avenue
 Chicago, IL. 60655
 (773) 239-5300

Yoga Schedule - Sessions 46 & 47 (6 Week Classes each session)

Session 46: April 5- May 15, 2010

Session 47: May 17- June 26, 2010

www.arelaxedyou.com

WORKSHOPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Yoga Level 1-2 w/Suzan 9:30 am			Yoga Level 1 w/Alice 8:45 a.m.
	Yoga for Relaxation w/Suzan 10:00 am					
				Yoga Level 1 - 2 w/Alice 7:15 pm		
		Yoga Level 1 w/Alice 6:30 pm				

If you miss a class, you can make it up anytime during the 6-Week session.

Includes classes canceled due to emergencies or holidays (Classes are subject to change)

There will be NO CLASS on Thursday, May 13th, Saturday, May 15th, and Tuesday May 18th and Monday May 31st.

These classes can be made up anytime over the 6 week session.

No Refunds once a session starts. If any class does not meet minimum of 8 people before the 1st class, it will be cancelled. If we cancel a class after the 1st week, students will be refunded in the form of a gift certificate or a check minus the \$15.00 drop-in fee.

1 Session / 1 Yoga class per week (6 classes) - \$60 1 Session/ 2 Yoga classes per week (12 classes) - \$110

Both Sessions/1 class a week-\$120 (6 classes each session) Both Sessions/2 classes a week \$200 (12 classes each session)

****Sign up for both Sessions 46 & 47 at the same time and you will also receive a card for \$10 off your next service over \$50 ****

Drop-In to any single class . . . \$15 - *If class is not full!* Yoga classes are 1 hour 15 minutes.

Classes & Instructors

CLASSES

Beginner/Level 1 Yoga

Traditional yoga postures for beginning and continuing students. Learn yoga breathing and relaxation techniques. Weight bearing in the knees and wrists is minimal. Regardless of your fitness level, yoga will help you feel alert and relaxed, increase strength, flexibility and balance, and reconnect the mind, body and spirit.

Level 1 Yoga

Class designed for students who are new to yoga as well as students who want to continue working on the basic yoga postures, or asanas, to revitalize the mind and body. Students will develop their balance, flexibility, strength, and alignment while practicing the primary yoga postures. Breathing and relaxation exercises will help reduce your stress, reconnect the mind and body, and leave you feeling calm and refreshed.

Level 1-2 Yoga

This class is for students who are comfortable practicing the basic yoga postures and who would like to learn intermediate asanas that require the balance, strength, and flexibility learned in Level 1 Yoga. These classes begin with sun salutations, review of basic asanas, and practice of intermediate postures. Breathing and relaxation exercises will be a part of all classes.

Yoga for Relaxation

This class will cover yoga relaxation exercises that will help reduce your stress, reconnect the mind and body, and leave you feeling calm and refreshed.

INSTRUCTORS

Suzan Bertucci is a registered yoga teacher with the National Yoga Alliance. She is certified for level 1 and 2 through the Temple of Kriya Yoga. Suzan has been teaching yoga since 1999 and her practice is strongly influenced by the teachings of B.K.S. Iyengar.

Alice Markel began practicing yoga as a teenager, and she has been a yoga student at A Relaxed You, INC. since the program started five years ago. Alice has studied at the Temple of Kriya Yoga in Chicago. She is very excited to have the opportunity to now be teaching yoga classes here. As a runner, Alice has found that yoga is beneficial for all athletes.

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