



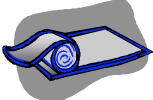



A Relaxed You, Inc.

11121 S. Kedzie Ave. Chicago, IL. 60655 ~ (773) 239-5300

Yoga Session 58 ~ January 9, 2012 - May 13, 2012

2012 WORKSHOPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga and Guided Meditation Workshop</i>	Yoga for Relaxation w/Suzan 10:00 am		Hatha Yoga Level 1-2 w/Suzan 9:30 am		Vinyasa Yoga Level 1 w/ Lindsay 10:00 am	Hatha Yoga Level 1 w/Alice 8:45 am
<i>Yoga for Runners Workshop</i>						
<i>Restorative Yoga</i>	Hatha Yoga Level 1 w/ Kathy 7:00 pm					
<i>Yoga and Chocolate</i>						
<i>Yoga for Teens</i> <small>(Check our website for times and dates)</small>		Hatha Yoga Level 1 w/Alice 6:30 pm		Hatha Yoga Level 1 – 2 w/Alice 7:15 pm		<small>(Classes are subject to change. Check our website for updates, changes, and new classes.)</small>

New Student Introductory Classes ~~~ 3 classes for \$21 (To be used within 1 week)

Punch Card Rates

Valid from the day you sign up until May 13, 2012

5 Punch Card - \$70 (\$14 per class)

10 Punch Card - \$120 (\$12 per class)

20 Punch Card - \$200 (\$10 per class)

Unlimited Monthly Pass for \$99

Drop-In to any single class . . . \$15 – If class is not full!

Yoga classes are 1 hour 15 minutes.

All Yoga classes are on a first come, first serve basis.

Each class will hold up to 18 people. Please arrive 15 minutes early to check in at the front desk, and to get your spot in the class.

Classes & Instructors

CLASSES

YOGA FOR RELAXATION

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 reduce your stress, and leave you feeling relaxed.

HATHA YOGA

This class is designed to help students develop balance flexibility, strength, and alignment through the practice of primary yoga postures. Breathing and relaxation exercises will help reduce stress, reconnect mind and body and leave you feeling calm and refreshed.

VINYASA

This class is designed to will incorporate basic yoga postures into a dynamic flow, smoothly running the poses together so they become like a dance. The class will have a focus on proper alignment and will leave you feeling relaxed, centered and energized.

LEVEL 1 YOGA

This level is designed for students who are new to yoga as well as students who want to continue working on the basic yoga postures and asanas.

LEVEL 1-2 YOGA

This level is designed 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.

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 has been a yoga student at A Relaxed You, INC. since the program started. Alice has earned her certification 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.

LINDSAY FOREMAN completed her Yoga Teacher Training and Thai Yoga Massage certification at Lago Atitlan, Guatemala. She is registered with the Yoga Alliance and specializes in Vinyasa Yoga, meaning "breath-synchronized movement."

KATHY BARRETT- began seriously practicing yoga in 2006 under the tutelage of Suzan Bertucci. In 2010, Kathy began 200 hours of Hatha Yoga training with Rhonda Kantor at Global Yoga Center on the Chicago's North Side. Kathy has also completed a 10 hour specialized Prenatal Yoga training for teachers under Rhonda's direction.

www.arelaxedyou.com