

KATHLEEN WRIGHT

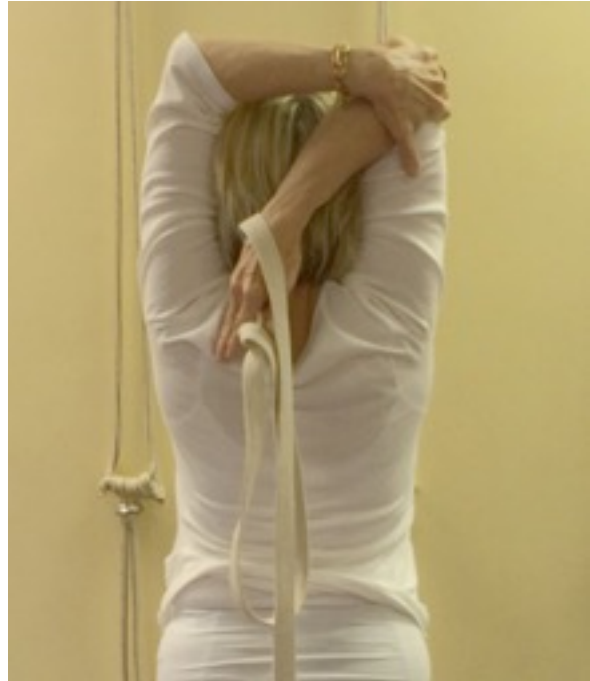
Going Deeper in the Practice of Asana

(3) Wednesdays, 6:30 – 8:30 pm
August 17-31, 2016

\$95 for 3-week series due by August 10, 2016;
\$105 thereafter

\$40 drop-in rate

Additional 4.5% transaction fee added for credit card payment



IN THE IYENGAR SYSTEM, we don't sit for meditation as much as we strive for a quiet state of Being in each asana. Patanjali defines asana as "to be seated in a position that is firm, but relaxed." This requires deep understanding of the action of all poses whether seated, standing, prone, or supine.

In this series, you will learn how to exquisitely refine basic to continuing poses so that they become challenging in a more effortless way. Acquire a deeper understanding of each asana as "firm but relaxed." Seasoned students and beginners alike will enjoy the fundamental asanas while moving towards a serene state in practice.

Open to all levels.



KATHLEEN WRIGHT has been studying yoga since 1974 and teaching since 1976. Her knowledge and experience, coupled with her direct and heart full way of teaching, has brought many students to the love of yoga. Kathleen graduated from the Iyengar Yoga Institute of San Francisco in 1983. She is a nationally certified Iyengar Yoga teacher at the Junior Intermediate level. Kathleen has been serving the greater Chicago area since 1983. She continues to study yoga, Ayurveda and the teachings of the natural world.

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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.

_____ **\$95 for 3-week series due Wednesday, August 10, 2016;** _____ \$105 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.



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