



122 E. Main Street
 (2nd floor)
 Barrington, IL 60010
847-713-2423
www.yogawerks.com

The only Anusara Yoga™ Studio in Illinois!

Anusara Yoga: an innovative and highly effective expression of hatha yoga, founded by John Friend.
 Specific alignment principles are taught to promote safety and empower students to achieve their full potential.
 Heart oriented themes connect students to the deeper purpose of yoga.

Spring 2011 Schedule

Class Fees

\$12 a class Summer special thru Aug 3rd

\$10 Class (Mon pm - cash only)	\$10 (drop in rate)
Single Class	\$17 (drop in rate)
10 Class Package	\$145
20 Class Package	\$245
23 & under Single Class	\$12 (drop in rate)
23 & under 10 Class Package	\$110
23 & under 20 Class Package	\$200
8-Week Kids Classes	\$80 (pre-register only)

\$20 Unlimited First Week Special
(IL residents only)
Purchase your first class, your 2nd class is FREE

Barrington 2011 Spring Schedule:

"Be the change you wish to see in the world." — Gandhi

Day	Time	Class	Teacher
M	9:30-11 am 11:15 am-1 pm 6:30-8 pm	Vinyasa Flow Class Level 2 Practice \$10 All Levels Class	Sarah Chad/Staff Kathy
Tu	5:15-6:15 pm 6:30-8 pm	Beginner Class Led Practice	Rich Chad
W	9:30-11 am 6:30-8 pm	Yoga 1-2 HOT YOGA - Vinyasa Class	Kathy Jim
Th	4:15-5:15 pm 6:30-8 pm	8-Week Kids Pre-Register• 7-10 Year Olds (starts 4/7) Yoga 1-2	Alex Chad/Kathy
F	9-10:30 am	Led Practice	Chad/Staff
Sa	8:45-10:15 am 2-3:30 pm	Hip Opener Class HOT YOGA Vinyasa Class	Kathy Lisa
Su	9:15-10:40 am 11am-12 pm 4-5:30 pm	Vinyasa Flow 1-2 Beginner Class HOT YOGA Vinyassa Class	Jim Sarah Jim

Immersion & Trainings

Level 3 immersion followed by a 92 hour level Teacher Training.
 See www.yogawerks.com for full details.

The Anusara Yoga® Immersion takes you on a journey into the study of Anusara Yoga (Asana, Philosophy, Pranayama, Meditation).

The 92 hour Teacher Training will give you all the tools to become a great yoga teacher, and meets the requirements for RYT Yoga Alliance. Immersion

Teacher Training: Level 2: June 1-5

For more details and to pre-register, please call 847-713-2423

***Note: due to the immersion there will NOT be class at 2pm on these Saturday hot yoga classes: 4/2, 5/7, 6/4.*

• For the kids class Pre-Register: Please call the studio number below to reserve your space.