

Darren Rhodes

Friday, Saturday and Sunday: April 27-29, 2007

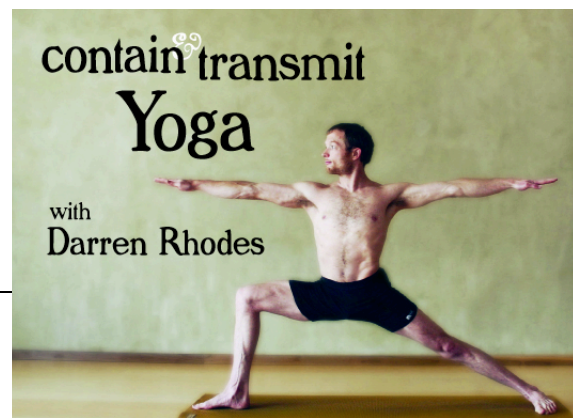
Yogawerks Barrington: 232 E. Main Street

A Weekend of Yoga with Certified Anusara Teacher, Darren Rhodes

Come and join Darren for his first workshop at Yogawerks for an uplifting, fun weekend of Anusara Yoga with levels appropriate for the beginner and the advanced practitioner. This is an opportunity for the new student to learn about the unique Anusara style, and the more seasoned student to refine their practice.

Using the five Universal Principles of Alignment to embody the attributes of Adhikara (studentship) Adhikara is the Sanskrit term for competence, the ability or authorization to do; being spiritually competent for spiritual study; qualified to study. Darren shows how the importance of good studentship relies on the use of the Universal Principles of Alignment. These five principles alternate between energetic expansion and contraction, reflecting the grand universal pulsation of life.

About Darren: *Darren Rhodes is the director of YogaOasis studios in Tucson, Arizona, and has been teaching yoga for 11 years. He is a devoted student of John Friend and a Certified Anusara Yoga® instructor. Darren is featured in the Anusara Yoga® Syllabus Poster, "from Tadasana to Sivasana". Daily dose: Darren consumes "Vitamineral Green", some dark chocolate, and takes a 20-minute nap on a daily basis.*



Schedule and Fees:

Friday, April 27:

All Levels

6:30-8:30pm: Potpourri Class

\$35

Saturday, April 28:

All Levels

11:30am-2:30pm: Backbends and Arm Balances

\$50

4-6pm: Forward Folds, Twists, Inversions

\$35

Sunday, April 29:

Intermediate/Advanced Levels

12:30-3:30pm: Arm Balances, Forward Folds and Twists

\$50

Weekend Package Price:

\$150

for info see www.yogawerks.com

or call **847-713-2423**

Barrington • 232 E. Main Street, (2nd flr) 60010

Yogawerks

*Workshops & Instruction for
Anusara-Style Hatha Yoga*

Darren Rhodes April 13-15 2007 WORKSHOP REGISTRATION FORM

Schedule and Fees (please mark your choice)

Friday, April 27: 6:30-8:30pm \$35

Saturday, April 28:
11:30am-2:30pm \$50
4-6pm \$35

Sunday, April 29:
12:30-3:30pm \$50

Weekend Package Price: \$150
(no coupons accepted for this workshop)

TO REGISTER: Please complete this form, printing clearly.

- Mail or bring to Yogawerks: 232 E Main Street, Barrington, IL 60010
- or email your request to pre-register to: Robbinlockett@hotmail.com

Name _____

Phone (home) _____

Phone (work) _____

Address _____

City _____

State _____

Zip _____

Email address _____

Payment Options: (check one) see pricing above

Check (enclosed) Cash Total Fees \$ _____

Credit Card: (circle one) Visa / Mastercard

Card Number: _____

Expiration Date: _____

Signature _____

Please fill in what class/day you are signing up for:

WORKSHOP POLICIES:

- To register, please call 847-713-2423, or email: robbinlockett@hotmail.com or return this form along with payment, to:
Yogawerks: 232 E Main Street, Barrington, IL 60010.

Balance is due the first day of class or your registration will be cancelled.

- Yogawerks does not confirm registrations. You will be contacted only if the class you select is full.
- All workshop registrations must be accompanied by payment in full.
- Workshop cancellations must be received at least 48 hours before a workshop takes place in order to receive a full refund.
- Please register early to avoid missing a full workshop.
- Policies and procedures are available on line at www.yogawerks.com. By registering for a class or workshop, you agree to adhere to these policies.

Yogawerks

Barrington 232 E. Main Street, 60010, entrance in back, 2nd floor

847-713-2423 www.Yogawerks.com

