



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.

**Winter 2011 Schedule**

<b>Class Fees</b>	
\$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
5-Week Beginner Series	\$75 (pre-register only)
8-Week Kids Classes	\$80 (pre-register only)
<b>\$20 Unlimited First Week Special</b> <i>(IL residents only)</i> <b>Purchase your first class, your 2nd class is FREE</b>	

**Starting January 26**

**A 108 hour immersion followed by a 92 hour level Teacher Training. All are welcome to attend any part of the immersion or training. See www.yogawerks.com for full details.**

The 108 hour three-part 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

Level One: Intention and Studentship: Stepping Into the Flow of Grace Jan 26-30

Level Two: Empowerment and Community: The Heart of Anusara Yoga Feb 23-27

Level Three: Gratitude is Attitude: Rockin' the House. Mar 30-Apr 3

Teacher Training: Level 1: May 4-8, Level 2: June 1-5

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

**Barrington 2011 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 5:15-6:15 pm 6:30-8 pm	Vinyasa Flow Class Level 2 Practice Teen Class (Starts 2/7) \$10 All Levels Class	Sarah Chad/Staff Lisa Kathy
Tu	5:15-6:15 pm 6:30-8:15 pm	5-Week Beginner Review• (Starts 2/1) Pre-Register• Yoga 1-2	Rich Chad/Jim
W	9:30-11 am 6:30-8 pm 8:05-9:05 pm	Yoga 1-2 HOT YOGA - Vinyasa Class 5-Week Beginner Review (Starts 2/2) Pre-Register•	Kathy Jim Chad
Th	9:30-11 am 3:15-4 pm 4-5 pm 5:15-6:15 pm 6:30-8 pm	Yoga 1-2 (starts 2/3) 8-Week Kids Pre-Register• 3-6 Year Olds (starts 2/3) 8-Week Kids Pre-Register• 7-10 Year Olds (starts 2/3) 5-Week Beginner Review• (Starts 2/3) Pre-Register• Yoga 1-2	Robbin Alex Alex Robbin Chad/Kathy
F	9-10:30 am 6-7:30 pm	Led Practice All Levels Class	Chad/Staff Nadiya
Sa	8:45-10:15 am 2-3:30 pm	Hip Opener Class HOT YOGA Vinyasa Class (starts 2/5)**	Kathy Lisa
Su	9:15-10:40 am 10:45-11:45 pm 4-5:30 pm	Vinyasa Flow 1-2 5-Week Beginner Review• (Starts 2/6) Pre-Register• HOT YOGA Vinyassa Class	Jim Sarah Jim

\*\*Note: due to the immersion there will NOT be class at 2pm on these Saturday hot yoga classes: 2/26, 4/2, 5/7, 6/4.

• For these classes marked Pre-Register: Please call the studio number below to reserve your space. (NOTE: Prior to 5-week class there WILL be a regular class for beginners Sundays, Tuesdays and Thursdays at the scheduled time)