



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 2009 Schedule

Class Fees

1/2 Price Flow Class (cash only)	\$8 adults/\$5 23 & Under
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 Anusara 101 Class	\$144 (\$140 pre-sign up)

\$20 Unlimited First Week Special

(IL residents only)

Purchase your first class, your 2nd class is FREE

2009 Immersions, Trainings, Workshops and Events Schedule

- **Anusara 101 Class:**
8-Week Course: Starts Wed., Jan 7-Feb 25 2009, 6:30-7:45 pm
Cost: \$144 (\$140 if you pre-sign up)
- **January 9-11: Noah Maze Training and Weekend Workshop**
- **March 6-8: Martin and Jordan Kirk Weekend Workshop**
- **April 2009: Anusara Immersion and Teacher Training with Chad Satlow. Dates are now online. Starts April 18.**
- **September 18-20: Desiree Rumbaugh Weekend Workshop**
- **November 6-8: Betsey Downing Weekend Workshop**

Barrington 2009 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 6:30-7:45 pm	Vinyasa Flow Class Level 2 Practice 1/2 Price Flow Class	Wendy Chad Kathy
Tu	9:30-11 am 5:15-6:15 pm 6:30-8:15 pm	All Levels Yoga Beginning Yoga Yoga 1-2	Sara Sara Chad
W	9:30-11 am 5:15-6:15 pm 6:30-8 pm	Yoga 1-2 All Levels Class 3-Week Anusara 101	Kathy Robbin Chad
<i>*Next 8-Week session starts Jan 7, 2009</i>			
Th	5:15-6:15 pm 6:30-8 pm	Beginning Yoga Yoga 1-2	Kathy Chad
F	9-10:30 am 6-7:30 pm	Led Practice 1/2 Price Flow Class	Chad Nadiya
Sa	8:45-10 am 10:05-11:35 am	Hip Opener Class Led Practice	Kathy Chad
Su	9:15-10:40 am 10:45-11:45 pm	Vinyasa Flow 1-2 Beginning Yoga	Jim Kathy

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