

New Class at Yogawerks

Yoga & Abs with Sara Edens

Sunday 8 am

Yoga & Abs Sunday 8 am

YOGA & ABS This class will focus on core muscles, strengthening your abdominals, spine, improve balance, and overall strength. The instructor will place emphasis on core work pulled from various disciplines, to include classic mat-based Pilates ab work and many standard hatha yoga asana. Be prepared to move!

About Sara

After 20 years as an IBM Mainframe Systems Analyst, Sara traded in her pager for a yoga mat! Sara strives to bring the same passion and peace of mind that she has found on the mat to others in need of stress relief and a reconnection with their true self. She earned her 200-hr certification in Atma Yoga, in the tradition of Kripalu yoga, a yoga of heart, compassion, and awareness. Atma Yoga, a Way to the Inner Self, is a contemplative, inner directed, yet anatomically precise approach to yoga with emphasis on core strength and intuitive movement. This is a great complement to Pilates as "core" is engaged on the out-breath while executing a yoga asana (pose), identical to the same manner of engaging the Pilates "power-house" on the out-breath when executing a Pilates pose. Her teaching style incorporates elements of vinyasa flow, building heat and focusing the mind, working towards finding stillness of mind.



Please fill out registration form on reverse side.
(No Pre-sign-up required)

Yogawerks

Barrington • 232 E. Main Street, (2nd flr) 60010
847-713-2423 www.yogawerks.com

Sundays 8 -9:15 am

Single Class	\$17 (drop in rate)
10 Class Package	\$145
20 Class Package	\$245
Unlimited Monthly	\$160
Unlimited Quarterly	\$440
23 & under Single Class	\$12 (drop in rate)
23 & under 10 Class Package	\$110
23 & under 20 Class Package	\$20

FEES for Yoga & Abs:

TO REGISTER: Please complete this form, printing clearly.

- Mail or bring to Yogawerks: 232 E Main Street, Barrington, IL 60010
- or register Online www.yogawerks.com Or: Fax to: 847-713-2423. (call first)

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:

Yogawerks

Workshops & Instruction for Anusara-Style Hatha Yoga

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