

Yoga Class Schedule

effective January 2012

<i>Day</i>	<i>Time</i>	<i>Class</i>	<i>Level</i>	<i>Teacher</i>
Monday	9:30am-10:45am	Hatha Transformation	II/III	Nickie
	11:00am-12:15pm	Gentle Yoga	All	Allison
	6:15pm-7:30pm	Hatha Awareness	I/II	Nickie
Tuesday	9:30am-10:45am	Hatha Awareness	II	Werner
	6:15pm-7:30pm	Anusara® Yoga	II/III	Sarah
Wednesday	7:00am-8:15am	Kundalini Yoga	I/II	Scott
	9:30am-10:45am	Hatha Transformation	II/III	Ruth Ann
	11:00am-12:15am	Gentle Yoga	All	Ruth Ann
	6:15pm-7:30pm	Hatha Aware & Restore	I/II	Werner
Thursday	9:30am-10:45am	Alignment Based Yoga	II	Jayne
	11:15am-12:30pm	Gentle Yoga	All	Marcia
Friday	7:00am-8:15am	Kundalini Yoga	I/II	Scott
	9:30am-10:45am	Hatha Transformation	II/III	Nickie
	11:00am-12:15pm	Alignment Based Yoga	I	Jayne
Saturday	8:15am-9:30am	Hatha Transformation	II/III	Nick
	9:45am-11:00am	Hatha Awareness	I/II	Bruce
	11:30am-12:45am	Hatha Aware & Restore	I/II	Bruce
Sunday	9:30am-11:00am	Anusara® Yoga	II/III	Sarah

~Please see reverse side for Class/Level Descriptions and Pricing ~

Avani Yoga is located inside the Highland Park Hospital Health and Fitness Center
1501 Busch Parkway, Buffalo Grove, IL 60089 (847) 229-0292



Avani Yoga Class Descriptions

Gentle Yoga

Serious athletes, people with chronic conditions or limited mobility, and everyone in between can benefit from the gentle stretching, careful strengthening and breath awareness of these classes. Poses are modified to accommodate all levels, and props are used to both support and challenge students.

Hatha Awareness

Particular emphasis on alignment, sequencing, and breath awareness. The effort and attention is drawn to detail within the postures, which increases concentration and focus, helping to relieve the mind and body of stress. Props may be used to help students experience the postures more fully.

Hatha Transformation

Classes have a weekly focus on a specific theme related to the practice and experience of Hatha Yoga. Each week will emphasize a particular posture, movement or philosophy. Classes are intelligently designed to draw the practitioner deeper into the understanding of the Art and Science of Yoga.

Anusara®

A heart centered style which powerfully blends the Universal Principles of Alignment™ with an uplifting philosophy celebrating the uniqueness of students of all levels of ability and experience.

Kundalini

Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.

Alignment Based Yoga

Classical yoga poses and breathing techniques to enhance flexibility, build strength, balance, and reduce stress. Special attention paid to alignment to promote healing and build body awareness.

Hatha Aware & Restore

Our “Hatha Awareness” class with and emphasis on restorative poses in the second half of class. Restorative postures are supportive, and aide in conscious body/mind relaxation.

Yoga Class Level Descriptions

All Levels

Students of all levels and abilities can participate and enjoy these classes.

Level I

Focuses on basic classical yoga postures, alignment principles and breathing techniques. Newcomers to yoga should start here. Level I is also recommended for those who may wish to strengthen the foundation of there practice or who may simply want and ongoing practice that is in harmony with their level of ability

Level II

Emphasis on deepening awareness of the body, and understanding of alignment principles. Should be able to perform Sun Salutation series. Movements between postures are more fluid. Knowledge of the basic poses is assumed, with posture variations and breathing practices to help you deepen your experience.

Level III

A challenging class for those with and ongoing yoga practice. The room may be heated. We will explore more challenging postures including inversions, arm balances, back bends and deeper twists. Participants should already have a good understanding of proper bodily alignment and familiarity of modifications. No beginners please.

Non-Member Pricing

Privates are available upon request

Drop-in: \$15 10 Class Pack: \$135 (expires after 3 months)

For additional information please contact Nickie Silk at nsilk@powerwellness.com

***Unlimited classes when you become a member of the Highland Park Hospital Health and Fitness Center**