

Gabriel Halpern

Summer Tribute Honoring the Life of BKS Iyengar

**(4) Tuesdays,
July 23, July 30, August 13 & August 20,
2019**

12:00 - 2:30 pm

**\$190 for all 4 classes or \$50 for single class
by Friday, July 19, 2019;**

\$210 for all 4 classes or \$55 for single class thereafter

4.5% added for credit card transactions.

Open to all levels of age, stage and constitution.



JOIN GABRIEL as he teaches sequences learned at the foot of the Master in Pune, India. If you have never been to the yogic motherland and had a chance to study with BKS Iyengar, a great way to experience his transmission is through the genius of his sequences. Poses put together with a theme can have a major impact on one's experience. Rather than a random smorgasbord of postures, a carefully chosen process of unfolding conveys the message of yoga: harmony and skill in action, inner calm coupled with greater clarity and focus, compassion and the knowledge that love wins after all!

Week 1 - July 23: Supine Poses and Standings

Hip and groin openers begin this session, followed by hamstring stretches. This prepares the legs for standing poses which are the base of the system.

Week 2 - July 30: Open Corners and Strong Core

When the corners of the body (hips and shoulders) are more open, they can support the core and give length to the anterior body which is essential to forward fold and back bends.

Week 3 - August 13: Inversions and Twists

Clarity and lightness from reversing gravitational drag are some of the gifts that inversions confer. Rotations detoxify the body and act as neutral gears in transitions to other poses.

Week 4 - August 20: Restorative Poses and Pranayama

Pranayama is the next limb of Yoga after asana and makes for a well rounded practice. Even as we learn how to be active at will, so too, Yoga teaches how to be passive at will.

Gabriel is a veteran teacher who ignites the fire of aspiration not only to your asana practice, but to our spiritual life as well. Give yourself the gift of vitality, clarity and tranquility with this icon of the Chicago yoga community.



GABRIEL HALPERN holds a BA in Philosophy, an MA in Health Psychology, and is a full-time instructor trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of the Yoga Circle in Chicago, IL since 1985. For the past 20 years, he has also been a core performance faculty member in DePaul University's Theater Department. His teaching is all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring. For more about Gabriel, visit www.yogacircle.com.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. 4% added for credit card transactions.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$190 for all 4 classes by Friday, July 19, 2019;** _____ \$210 paid thereafter

Individual Class:

Week 1 - July 23: Supine Poses and Standings

_____ **\$50 for single class by Friday, July 19, 2019;** _____ \$55 paid thereafter

Week 2 - July 30: Open Corners and Strong Core

_____ **\$50 for single class by Friday, July 19, 2019;** _____ \$55 paid thereafter

Week 3 - August 13: Inversions and Twists

_____ **\$50 for single class by Friday, July 19, 2019;** _____ \$55 paid thereafter

Week 4 - August 20: Restorative Poses and Pranayama

_____ **\$50 for single class by Friday, July 19, 2019;** _____ \$55 paid thereafter

Totals: _____ classes x **\$50** = \$ _____ **paid by Friday, July 19, 2019**

_____ classes x \$55 = \$ _____ paid thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS & CREDITS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN
YOUR SELF

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