

Class Costs

YOU DO NOT NEED TO REGISTER TO ATTEND CLASSES AT THE CENTER

You can always attend on a drop-in basis; however, this is the most expensive option because you pay the highest “per class” cost. The most cost-effective option is to purchase a class card.

Class cards can be purchased for 5, 10, or 15 classes. The more classes you purchase at one time, the less expensive the “per class” cost. The class cards give you the flexibility to attend any class you like during the session and can be purchased at any time. You can join any of the classes at anytime during the session.

Payment for class cards must be made with CASH or CHECKS. CREDIT CARDS ARE NOT ACCEPTED.

- **Single Drop-in fee:**
 - \$10 (1 - 1.25 hours)
 - \$15 (1.5 - 2 hours)
- **Private Instruction Available**
- **20% Student Discount with student ID**
- **20% Senior Discount (55+ years)**

1-1.25 hour classes	1.5-2 hour classes
5 class card - \$35	5 class card - \$55
10 class card - \$65	10 class card - \$105
15 class card - \$90	15 class card - \$150

CARD EXPIRATION POLICY

5 class card expires 2 months from purchase date
10 class card expires 4 months from purchase date
15 class card expires 5 months from purchase date

UNLIMITED MONTHLY YOGA PROGRAM

\$65 per month (EFT from checking account). No student or senior discount. You can join the program at any time. Perks of the program are:

- **No worries about expiring cards**
- **Attend any class, regardless of length of time (1 hr vs. 1.5 - 2 hr)**
- **One FREE guest per month**
- **10% off workshops and all retail items**

For more information, contact the Center.

Events

☀️ LYC POTLUCKS

Come share your thoughts and food at our potlucks. This is a great way to enhance your practice, meet other yogis/yoginis, and foster and support a yoga community in Champaign-Urbana. Please check the website or at the Center for the potluck date, time, and topic for discussion.

☀️ WORKSHOPS

A variety of workshops and special events are offered at the Center. For information on times and dates, please check the Center’s bulletin board and the website (www.livingyogacenter.net).

☀️ LOCATION OF STUDIO

The Living Yoga Center is located on **the second floor at 115 West Main Street in Urbana, Illinois** (the building on the south side of Main Street directly across from the Heel to Toe shoe store, in downtown Urbana).



☀️ YOGA TIPS

- Wear light, comfortable clothing that allows you to move freely.
- Yoga practice is done in bare feet.
- It is best not to practice yoga on a full stomach.
- Please do not wear perfume or cologne to class.
- Please make every attempt to be on time to class.

Questions? Call the Center at 217.384.5829 or email us at info@livingyogacenter.net.



STRENGTH • SERENITY • BALANCE

Deb Lister, *Director*

115 W. Main St., 2nd Fl.
Urbana, IL 61801

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www.livingyogacenter.net



Winter/Spring 2012 Schedule

Monday, January 2 – Saturday, May 22, 2012

MONDAYS

9 - 10:30a	Hatha (1-3)	Norma
5:30 - 7p	Hatha (1-3)	Kristin
7:15 - 9p	Flow (1-3)	Mary

TUESDAYS

10 - 11a	Gentle (all)	Hayli
12-1p	Flow (1-3)	Hayli
5:30 - 7p	Intro to Yoga (Intro) (Course dates: 1/3 - 3/6)	Steve
5:30 - 7p	Hatha (Intro-1) (Course dates: 3/13 - 5/22)	Steve

WEDNESDAYS

9 - 10:30a	Flow (1-3)	Mary
5:30 - 7p	Flow (1-3)	Deb
7:15 - 8:30p	Prenatal (all)	Tami

THURSDAYS

10 - 11a	Gentle (all)	Jenna
12 - 1p	Flow (1-3)	Steve
5:30 - 7p	Hatha (1-3)	Steve
7:15 - 9p	Advanced Flow (2-3)	Mary

FRIDAYS

9 - 10:30a	Flow (1-3)	Hayli
5:30 - 6:30p	Restorative (all) (Restorative will be held the 1st and 3rd Fridays of the month)	Staff
5:30 - 6:30p	Partner Yoga (all) (Partner Yoga will be held every 2nd Friday of the month)	Steve/Sharon
5:30 - 6:30p	Yoga Therapy (all) (Yoga Therapy will be held every 4th Friday of the month)	Deb

SATURDAYS

8:30 - 10a	Hatha (1-2)	Bev
10:15a - 12p	Flow (1-3)	Deb
12:15p - 1:45p	Intro to Yoga (Intro) (Course dates: 1/7 - 3/10)	Deb

SUNDAYS

3 - 4:30p	Yoga On & Off the Mat (1-3)	Steve
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Class schedule is subject to change. Check the website (www.livingyogacenter.net) for the most current schedule.

2012 Winter/Spring Class Descriptions

☀️ INTRO TO YOGA

This 10-week course introduces the fundamentals of hatha yoga, the most widely practiced form of yoga in the US. Hatha yoga uses postures (asanas), breath awareness, and relaxation techniques to produce a healthy physical body and a clear, peaceful mind. Students attend one class per week. Classes are held on Tuesdays from 5:30p - 7p and Saturdays from 12:15p - 1:45p. Cost is \$100 for the 10-week session (\$80 for students or seniors 55+). **Pre-registration NOT required. All equipment is provided.**

**Course dates: Tuesdays, Jan 3 - Mar 6
Saturdays, Jan 7 - Mar 10**

☀️ GENTLE HATHA (LEVELS INTRO-1)

This gentle class eases you into yoga at your own pace. Poses are modified to meet the needs of the participants and is ideally suited for seniors, those recovering from an injury, illness, or surgery, or for anyone who wants a slower class with more attention. Compassion is our guiding principle as we focus on increasing one's range of motion, flexibility, and strength, and developing inner peacefulness and acceptance of ourselves, as we are now -- already fully complete.

☀️ HATHA (LEVELS 1-3)

A deeper focus on the "ha" (solar) and "tha" (lunar) aspects of the practice are explored through more challenging asanas and the integration of breathing (pranayama) and relaxation techniques.

☀️ RESTORATIVE (ALL LEVELS)

Restorative yoga helps to trigger the parasympathetic nervous system and is responsible for balancing the body and bringing its response system back into equilibrium. It also helps to lower heart rate and blood pressure, stimulate the immune system, and keep the endocrine system operating efficiently and is beneficial for overall body health. We will be holding each pose for up to 10 minutes with the support of various props, such as bolsters, blankets, blocks, sandbags, and straps. This class is one of the Friday Happy Hour offerings. Dates for this class will be posted on the website and at the studio.

☀️ FLOW (LEVELS 1-3)

A stimulating and creative practice that focuses on integrating strength, flexibility, alignment, and awareness through a dynamic sequence of asanas linked by the breath.

☀️ PRENATAL (ALL LEVELS)

Experience how yoga can support you during your pregnancy with simple and effective exercises specifically geared to the needs of a changing body. Increase energy and stamina, build strength and flexibility, and improve focus and concentration to assist in labor and delivery through this gentle yet empowering practice. **NOTE: Contact your physician/midwife to ensure there are no contraindications to practicing yoga.**

☀️ YOGA ON & OFF THE MAT

Rejuvenate the spirit, invigorate the mind and strengthen the body, but most of all, open our hearts through a level 1-3 donation-based Hatha practice. Each month a local NPO will be given the collected donations (a minimum of \$5.00 per class suggested).

☀️ PARTNER YOGA

A partner in a yoga practice reminds us we live in a shared world. Practicing with a partner—breathing together, assisting and supporting one another—is a playful journey that connects us in the present moment. Attend with or without a partner, bring a sense of humor, and an open heart and mind. No yoga experience required. This class is part of the Friday Happy Hour offerings. Dates for this class will be posted on the website and at the studio.

☀️ YOGA THERAPY

Each month, Deb will focus on an area of the body that typically holds stress and tension and teach poses that may help to relieve some of that stress. Areas of the body to be covered are the neck and shoulders, back, and hips.

Intro/Level 1: New to yoga or experienced beginners
Levels 1/2: Experienced beginners to intermediate
Levels 2/3: Intermediate to advanced