



Iyengar Yoga...

alignment • safety • quiet
integrity • connect to the divine

Beginning, Experienced, and Gentle

Fall 2009: Sep 8 – Oct 31, Nov 2 – Dec 19 (no classes Nov 26–28)

Class Times	Levels	Fees	Instructor
Mondays: Sep 14 – Oct 26, Nov 2 – Dec 14			
4:15 – 5:45 pm	Āsana I	7 wks, \$84	Jan Barrett
6:00 – 7:30 pm	Āsana I-II	7 wks, \$84	Jan Barrett
8:00 – 9:00 pm	Āsana I (Teens)	7 wks, \$42/Drop-in \$7	Jan Barrett
Tuesdays: Sep 8 – Oct 27, Nov 3 – Dec 15			
5:45 – 7:15 pm	Āsana I-II	8 wks, \$96/7 wks, \$84	Carol Nichols
Wednesdays: Sep 9 – Oct 28, Nov 4 – Dec 16			
9:30 – 11:00 am	Āsana I (Seniors)	8 wks, \$96/7 wks, \$84	Jan Barrett
11:10 – 11:40 am	Meditation Basics (all levels)	4 consecutive wks, \$24/Drop-in \$7	Jan Barrett
12:00 – 12:50 pm	Āsana I	8 wks, \$96/7 wks, \$84	Jan Barrett
5:30 – 7:00 pm	Āsana I	8 wks, \$96/7 wks, \$84	Jan Barrett
Thursdays: Sep 10 – Oct 29, Nov 5 – Dec 17			
8:30 – 10:00 am	Āsana I	8 wks, \$96/6 wks, \$72	Jan Barrett
5:15 – 6:20 pm	Āsana I	8 wks, \$96/6 wks, \$72	Jan Barrett
6:30 – 8:00 pm	Āsana II	8 wks, \$96/6 wks, \$72	Jan Barrett
Fridays: Sep 11 – Oct 30, Nov 6 – Dec 18			
9:30 – 11:00 am	Gentle Āsana	8 wks, \$96/6 wks, \$72	Jan Barrett
11:30 am – 1:00 pm	Āsana II	8 wks, \$96/6 wks, \$72	Jan Barrett
Saturdays: Sep 12 – Oct 31, Nov 7 – Dec 19			
8:30 – 10:00 am	Āsana I	8 wks, \$96/6 wks, \$72	Carol Nichols

**FOURTH FRIDAYS
RESTORATIVE YOGA**
5:30–6:30PM, \$13
NO EXPERIENCE
NEEDED, RESERVATIONS
SUGGESTED

**CONNECT
TO THE QUIET**
SAVASANA ... CORPSE POSE
RELAXATION CD
\$19.49

FEES & MAKE-UP CLASSES

Full course fee is due as classes begin; *first class free* for beginners during first 2 weeks of series. **Students may make up a missed class in any class of same or lower level, during the current class series.** Students not currently enrolled may drop into any class, fee \$15. Students enrolled in more than one class per week pay \$10 for the 2nd / 3rd class. Āsana I-II students need 8 weeks experience in Iyengar yoga.

640 South Fifth, Suite B • Quincy, IL 62301

rdbudyog@adams.net • 217-779-9642 (YOGA) • www.RedbudYoga.com