



## Iyengar Yoga...

alignment • safety • quiet  
integrity • connection with divine

**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

### Beginning Level Classes

Winter 2010: Jan 4 – Mar 20, Mar 22 – Jun 5 (no class May 15)

Class Times	Levels	Fees	Instructor
<b>Mondays: Jan 4 – Mar 15, Mar 22 – May 24</b>			
2:00 – 3:30 pm	Āsana I	11 wks, \$132/10 wks, \$120	Jan Barrett
8:00 – 9:00 pm	Āsana I (Teens)	11@\$66/10@\$60/Drop-in \$7	Jan Barrett
<b>Wednesdays: Jan 6 – Mar 17, Mar 24 – Jun 2</b>			
9:30 – 11:00 am	Āsana I (Seniors)	11 wks, \$132	Jan Barrett
11:10 – 11:40 am	Meditation Basics (all levels)		Jan Barrett
	4 consecutive wks, \$24/Drop-in \$7		
12:00 – 12:50 pm	Āsana I	11 wks, \$132	Jan Barrett
6:00 – 7:30 pm	Āsana I	11 wks, \$132	Jan & Vicki
<b>Thursdays: Jan 7 – Mar 18, Mar 25 – Jun 3</b>			
8:30 – 10:00 am	Āsana I	11 wks, \$132	Jan Barrett
5:15 – 6:20 pm	Āsana I	11 wks, \$132	Jan Barrett
<b>Saturdays: Jan 9 – Mar 20, Mar 27 – Jun 5</b>			
8:30 – 10:00 am	Āsana I	11 wks, \$132/10 wks, \$120	Carol Nichols

### FEES & MAKE-UP CLASSES

Full course fee is due as classes begin; *first class free* for beginners during first 2 weeks of series (monthly payment possible with commitment to full class 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