



<u>Monday</u>		
Time	Class	Location
9:15-10:30am	All Level Yoga	M/Jennifer
5:30-6:45pm	All Level Yoga	M/Janette
7:00-8:00pm	Light & Easy Yoga	E/Denise

<u>Tuesday</u>		
Time	Class	Location
8:00-9:00am	Qigong	M/Andrea
11:00-12:15pm	All Level Yoga	E/Janette
7:00-8:15pm	Challenge Yoga	M/Jennifer

<u>Wednesday</u>		
Time	Class	Location
6:30-7:30am	Sunrise Flow Yoga	M/Jen
8:00-9:00am	Light & Easy Yoga	M/Kathy
9:15-10:30am	Challenge Yoga	M/Jennifer
12:45-2pm	All Level Yoga	M/Denise
5:30-6:30pm	Beginner Yoga	E/Jennifer

M = Main Studio E= East Studio

All classes included in monthly membership

Each class requires a fee or punch on card for non members

<u>Thursday</u>		
Time	Class	Location
9:15-10:15am	Beginner Yoga	M/Kathy
11:00-12:15pm	All Level Yoga	E/Denise
5:30-6:45pm	Flow Yoga	M/Jen
7:00-8:00pm	Beginner Yoga	M/Sally

<u>Friday</u>		
Time	Class	Location
9:15-10:30am	Challenge Yoga	M/Jennifer
5:30-6:45pm	Light & Easy Yoga	M/Kelly

<u>Saturday</u>		
Time	Class	Location
8:00-9:15am	Challenge Yoga	M/Jennifer
9:30-10:45am	All Level Yoga	M/Jennifer
11:00-12:00pm	Beginner Yoga	M/Jennifer

<u>Sunday</u>		
Time	Class	Location
7:30-8:30am	Sunrise Flow Yoga	M/Jen
9:00-10:15am	All Level Yoga	M/Jen
2:15-3:15pm	Qigong	M/Andrea
3:30-4:30pm	Light & Easy Yoga	M/Kelly

Class Descriptions

Beginner—Just starting yoga practice

Light & Easy—Gentle class, slower pace

All-Level—Moderate paced, can be adapted for all levels

Challenge—best suited for experienced students

Flow—Faster paced, best suited for experienced students

Private yoga—any level, call for appointment

Qigong—Gentle class, suitable for all levels, exercise designed to balance energy

Meditation—Sunday 9am class includes 15 min. of meditation at the end (10:15—10:30)

Restoration -poses are included with Friday 5:30pm class

**classes, location and instructors subject to change*

Akasha Membership

\$75/month—\$5 discount for students/seniors (auto-pay)

Benefits-

- **UNLIMITED YOGA CLASSES PER MONTH**
- **20% discount on retail, \$10 off every massage or wellness service, \$10 off tai chi sessions, free or discounted events & retreats**
- **2 FREE GUEST PASSES/ MONTH**

Walk in classes—\$18, info about punch cards and private yoga available upon request.

Healing Arts offered by

AKASHA

Ayurvedic Therapies are widely regarded as the oldest form of healthcare in the world. The following therapies are useful tools for assisting in your body's healing process:

- Abhyanga—ayurvedic hot oil massage
- Shirodhara—therapeutic oil on the forehead
- Svedhana—herbal steam therapy
- Nasya—nasal cleaning
- Netra Tarpana—eye cleansing
- Karna Puranas—ear cleansing
- Gandusa & Kavalagrah - therapeutic gargling

BodyTalk is a process that accesses your own body's innate wisdom to restore well-being. The practitioner uses biofeedback by touching your arm, sensing which parts of your body are out of synch. A light tapping technique then restores communication and balance between your body's systems. Useful for healing chronic conditions like allergies, headaches, back pain and stress.

Massage Therapy In addition to muscles, massage therapy works circulatory, nervous and lymphatic systems. Blending massage with additional energy techniques results in total relaxation and re-energizing of mind and body. Our massage therapists incorporate a variety of techniques in each massage, depending on the individual's needs.

Reflexology is a therapeutic method based on the principle that the feet and hands have reflex areas that correspond to all the organs, glands and parts of the body. Reflexology brings the body back into balance by restoring it to its natural state of well-being, with harmony between the flow of energy, circulation and muscle tension.

Akasha members receive \$10 off each healing treatment.

Yoga

Akasha offers a complete yoga program with exercises for all levels of ability for those that are seeking healthful radiance and inner peace.

Benefits include:

- Increase in stamina and strength
- Slimming and toning the body
- Slowing the aging process
- Techniques for mindful breathing and movement

Discover how to feel balanced, centered and coordinated at Akasha! We will support you on your journey by providing experienced instructors, daily classes, yoga equipment, special events and education on various holistic topics.

Accredited Teacher Training Program

Whether you are interested in a fuller understanding of yoga theory and practice, history and philosophy, or how yoga relates to and enriches your own life, this comprehensive program encourages you to explore your potential. It is not necessary that teaching be your ultimate goal. Many use this program to deepen their yoga practice and gain a better understanding of self. See our website for upcoming dates and more information.

Healing Arts Practitioners

Body Talk	Kris Freeman	847.975.9406
Massage Therapy	Alison Kruger**	847.980.0655
	Kathy Hartjes	815.403.7155
	Lisa Muckle	815.861.2707
	Kristoffer Kuhn	224.629.0942
Reflexology	Debbie Berg	815.353.4517

**also Ayurvedic treatments

Call individual practitioners for appointments, availability and more information.



*The center for yoga,
healing arts and
education*

Schedule January—February 2012

121 N. Main Street
Crystal Lake, IL
815-356-7089

akashayogacenter.com