

Store Hours:
Saturdays 9–12 noon



Class Schedule
June July August 2010

121 N. Main Street
Crystal Lake, IL 60014
815-356-7089
akashayogacenter.com

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00–9:15am				Light & Easy Linda (8–9)			Challenge Jennifer
9:15–10:30am	*All-Level Tricia (9:00–10:15)	All-Level Jennifer		Challenge Jennifer		Challenge Jennifer	All-Level Jennifer (9:30–10:45)
11:00–12:00pm			Light & Easy Lori		Light & Easy Lori		
12:45–2:00pm				All-Level (on hold for the summer) Denise			
3:30–4:30pm	Light & Easy Kelly						
5:30–6:45pm		All-Level Denise		Beginner's Jennifer (5:30–6:30)		*Light & Easy w/Restoration Kelly	
7:00–8:15pm		Light & Easy Denise (7-8)	Challenge Jennifer	AKASHA EVENTS		AKASHA EVENTS	

Akasha Events—We host a variety of gatherings such as Meditation, Gong Baths, Book Club, Movie Night and guest speakers. Please visit our website for all of the current events.

All-Level—A moderately paced yoga class designed for those who wish to stretch and move. Advanced students can adapt the poses to fit their needs in order to challenge themselves.

Beginner's—A class for beginners interested in trying yoga.

Challenge Yoga—A class designed for the yoga enthusiast! Previous yoga knowledge preferred.

Light & Easy Yoga—A gentle yoga class specially designed for beginners or anyone wanting a slower pace. The class consists of slowly stretching while giving your body special care.

***Meditation** – On Sundays at 9 a.m we add an optional extended formal meditation to the class—(10:15-10:30)

Private Yoga—For the beginner or advanced student. A personal yoga workout customized specifically for you. Please call Akasha to make an appointment.

***Restorative Yoga** – Every Friday night we dedicate 15 minutes of our class to restoration. Come relax and enjoy the beauty of these transformative poses.

We welcome you to walk-in for any ongoing classes. If you are new to yoga or just starting back, we suggest you try our “Beginner’s” or “Light & Easy” classes first.