

Store Hours:
Before & after each class
Saturdays 9am –12pm



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

Class Schedule
December January February 2011-12

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunrise flow	Jen 7:30 - 8:30			Jen 6:30 - 7:30			
8:00–9:15am				Light & Easy Kathy (8–9)			Challenge Jennifer
9:15–10:30am	*All-Level Jen (9:00–10:15)	All - Level Jennifer		Challenge Jennifer	Beginners Kathy (9:15-10:15)	Challenge Jennifer	All-Level Jennifer (9:30–10:45)
11:00–12:15pm			All Level Janette		All Level Denise		Beginners Jennifer (11-12)
12:45–2:00pm				All Level Denise			
3:30–4:30pm	Light & Easy Kelly						
5:30–6:45pm		All-Level Janette		Beginner's Jennifer (5:30–6:30)	Flow Jen	*Light & Easy w/Restoration Kelly	
7:00–8:00pm		Light & Easy Denise	Challenge Jennifer (7-8:15)		Beginners Sally		

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.

Flow — A faster paced class designed for the yoga enthusiast! Previous yoga knowledge preferred.

Light & Easy Yoga — This is 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 9am an All-Level class followed by optional extended meditation—(10:15-10:30)

Private Yoga—This is for the beginner or advanced student wishing to deepen their practice. It is a personal yoga practice customized for you. Please call Akasha to make an appointment.

***Restoration**—Every Friday night we dedicate at least 15 minutes to our class for restoration. Come relax and enjoy the beauty of these transformative poses.

BOLDED Boxes - Classes are held at Akasha East.

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.