

At Blissful Yoga's studio we teach Hatha Yoga in the Svaroop® style. This yoga style specifically focuses on core-opening, meaning we use relaxation and breathing exercises along with full supported and precisely aligned poses to release tension in the deepest layers of our bodies.

Svaroop® Yoga can benefit the mind, body and more. **Those who practice have reported improvements in:**

- Pain (i.e. back, sciatica, neck, knees, feet, etc.)
- Headaches (including migraines)
- Sleep
- Blood pressure and circulation
- Emotional balance
- Overall health and vitality
- And more!

Classes are offered to both beginners and continuing students. Participants will enjoy approximately 30 minutes of relaxation and 60 minutes of asanas (poses) that are designed to open the spine and relieve tension that accumulates during our everyday lives. Blissful Yoga is just that, blissful - you don't need to be flexible and classes are not competitive. Small class sizes at Blissful Yoga ensure that students receive individual attention – that way teachers can make sure poses are being executed correctly and students can be confident in what they learn.



Class Schedule for April 2012 (3-week session)

+ Monday Morning (For beginning and continuing students) April 2, 9 & 16	9 – 10:30 a.m.	\$37.50
+ Monday Evening (For beginning and continuing students) April 2, 9 & 16	5:30 – 7 p.m.	\$37.50
+ Wednesday Morning (For beginning and continuing students) April 4, 11 & 18	9 – 10:30 a.m.	\$37.50
+ Wednesday Evening (For beginning and continuing students) April 4, 11 & 18	5:15 – 6:45 p.m.	\$37.50
+ Wednesday Evening (For continuing students) April 4, 11 & 18	7:30 – 9 p.m.	\$37.50
* Saturday (For beginning and continuing students) April 7, 14 & 21	10 – 11:30 a.m.	\$37.50

+ Instructed by Abby

* Instructed by Ed

Class size will be limited to 9 students.

To reserve your spot, please call or email us to pre-register. To receive pre-pay rate, payment must be received 5 days prior to the start of specific class series.

Drop in rate per class (call ahead for availability) - \$15

Call (815) 762-8515 or visit www.dekalbyoga.com for pricing on private and semi-private classes.

Individual Embodiment® sessions with Abby are available by appointment. Embodiment® is a private, hands-on yoga therapy treatment that provides deep relaxation and profound spinal release.

\$40

\$65

\$150*

Embodiment® session
Introductory Rate

Embodiment® session

Three prepaid Embodiment® sessions

***April Special - Save an extra \$15 when you prepay for three Embodiment® sessions for only \$135!**

Expires 6 months from purchase date

Questions?

Please don't hesitate to contact either Abby or Ed.

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www.dekalbyoga.com