



# YOGA

CONSCIOUS LIVING ARTS

## SPRING SESSION: Starts March 22<sup>nd</sup>, 2011

### Free Sample Classes: Give it a try – no obligation!

|                 |   |                  |
|-----------------|---|------------------|
| Tuesday, 3/22   | <b>Conscious Living Arts</b> Yoga Studio, Amery | 6:00 – 7:30 pm   |
| Wednesday, 3/23 | Amery Centennial Hall**                         | 10:00 – 11:15 am |

### Eight-Week Courses

**Mondays:** **Gentle Sadhana: Stretch, Release, & Renew** 6:30 – 8:00 pm  
3/28 – 5/16 Mix of gentle and restorative yoga for all – beginners welcome

**Tuesdays:** **Evening Sadhana: The Experience of Power** 5:30 – 7:00 pm  
3/29 – 5/17 Building upper body strength and living powerfully for practiced yogis

**Wednesdays:** **Early Bird Yoga** 6:00 – 7:15 am  
3/30 – 5/18 A no-caffeine-needed, energizing practice for experienced yogis  
**Senior Stretch & Strengthen** @ Amery Centennial Hall\*\* 10:00 – 11:15 am  
A modified practice for Seniors and others desiring a gentler pace

**Thursdays:** **Evening Sadhana: Clean Sweep Yoga** 5:30 – 7:00 pm  
3/31 – 5/19 Lighten up this spring with a purifying practice for experienced yogis

**Saturdays:** **Attuning to the Chakras** ● ● ● 10:00a – 12:00p

Discover and explore two of our main energy centers in the body – where they're located, what parts of the body they govern, and practices/poses to help them stay open and balanced!

**April 16th** **Ajna**, the Brow Chakra – *awaken your intuition!*

**May 14<sup>th</sup>** **Sahasrara**, the Crown Chakra – *experience wholeness and unity!*

\*\*All demos and classes held at **CONSCIOUS LIVING ARTS** Yoga Studio unless otherwise noted\*\*  
See reverse side for **sliding fee** and other **flexible payment options**

To reserve your space, kindly make payments to Cindi Buenzli Gertz, Certified Kripalu Yoga Instructor  
Visit [www.earthartswi.org](http://www.earthartswi.org), e-mail [consciouslivingarts@hotmail.com](mailto:consciouslivingarts@hotmail.com) or call 715-268-2860

*spreading peace. creating mindfulness.*