

*Eliminating impurity through continued practice of the eight limbs of yoga brings discernment and clear perception*

*Sutra II.28*

## **Intermediate Building Blocks of Yoga With Linda Troutman**

***This 4 class yoga series will help you build on the foundations from Beginner Building Blocks or your individual practice. We will delve a little deeper into:***

- **Standing poses (all levels)**
- **Sun Salutations**
- **Poses to increase your core strength**
- **Poses to increase balance and focus**
- **Seated poses and twists**
- **Inversions**
- **Breathing techniques - Pranayama**
- **Meditation & Introduction to Eight Limbs of Yoga**

This is the perfect class for a student who has either taken *Beginner Building Blocks of Yoga* or is familiar with yoga and has been ***practicing even for a short time***. **Class meets every other week and students will be given a coupon for a free class on the week that the class does not meet.** This will solidify the concepts that are taught in the series and enable you to focus on any questions that arise while you are taking a class. Each student will be encouraged to work within their own capacity. At the end of the program, each student will know several pranayama (breathing techniques); and alignment principles of standing, seated, prone, supine and balance poses. In addition, each student will be familiar with the Yoga Shala studio and the props that we offer and have information regarding the type of classes that the studio has to offer feel completely at ease attending other yoga classes at the Shala

**Linda Troutman, CYT, RYT (500) has been practicing yoga for 23+ years and has been teaching for 10 years. Her students range in age from 2 – 99. Linda believes that yoga meets you where you are. She believes that yoga can be adapted for any person. Her teaching style is an eclectic mix of vinyasa and therapeutic yoga encompassing the precision of alignment along with breath synchronized practices of Viniyoga.**

**When: Wednesday Nov 3 & 17, & Dec 1 & 15, 2010**

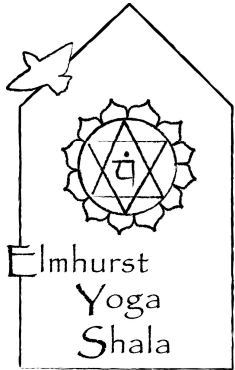
**Time: 7:30-9:00 p.m.**

**Where: Elmhurst Yoga Shala, 506 Spring Rd.**

**Cost: \$60.00 for 4 week series, pre-registration required**

*maximum 15 students*

Register online [www.elmhurstyogashala.com](http://www.elmhurstyogashala.com)



506 Spring Road  
Elmhurst, IL 60126  
630.993.YOGA

[www.elmhurstyogashala.com](http://www.elmhurstyogashala.com)