

NEW WORKSHOPS

Main Street Yoga, 418 N. Main Street
Bloomington, IL 61701 (309) 829-9618

www.mainstreetyoga.com



CORE TRAINING David Crenshaw
Saturday, November 10, 12:30 - 3:30, Phoenix Studio

David demonstrates how to use the principles of Yoga and Pilates to tone the belly and improve spinal alignment. (3 hours).

RESTORATIVE YOGA Cathy Weiss
Sunday, December 16, 9:00 - 11:00 am, Main Street Studio

Although restorative yoga may seem like an indulgence - the yogic equivalent of a dark chocolate truffle - it's something our stressed out bodies and psyches crave. During this class you'll experience several restorative practices and poses and learn how to recreate them at home. Using props to support the body during postures allows us to release deep layers of tension and stress.

AYURVEDIC COOKING Debra Risberg and Jeffrey Shoaf
Saturday, January 19, 3 - 7p.m.

This class will take place in our kitchen where you will learn to cook some basic ayurvedic fare that will help eliminate toxins, regulate digestion, and prepare your body to receive a nutritious diet based on plant foods. You will learn how to use important spices and herbs that have medicinal value and how to use food for healing. You will also learn about some of the most widely used Ayurvedic herbal remedies and what they can do for you. The workshop will conclude with a delicious meal!

AWAKENING TO THE PRESENCE THAT WE ARE Mary Addison-Lamb MA, IYT (founder of Namaste Yoga in Springfield, IL)

Sunday, February 17, 10 am - 4 pm, Main Street Studio

This retreat is an opportunity to dive into the teachings of tantra with practices that bridge ego and experience. Through the ancient practices of pranayama, meditation, body sensing, yoga nidra and dialogue there is the opportunity to know yourself as you truly are. We begin with the understanding that we are already perfect in our essential nature. Our daily life becomes free and open when we welcome all facets and expressions of life. In this welcoming, we live our Presence knowingly as wisdom, compassion and love in action.

See instructors bios and more information online at www.mainstreetyoga.com

Registration Form (mail in with payment to Main Street Yoga)

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____

Home Phone _____

Work Phone _____

Email _____

Workshop/Program you are registering for:

Core Training with David Crenshaw \$30.00 (\$10.00 for members)

Restorative Yoga with Cathy Weiss \$20.00 (free for members)

Ayurvedic Cooking with Deb and Jeff \$50.00 (\$30.00 for members)

Awakening to the Presence that We Are with Mary Addison-Lamb \$70.00
(\$50.00 for members)

To reserve your place payment must be received 10 days in advance of the training

Workshops that do not meet the minimum enrollment will be cancelled.

Please make checks out to: Main Street Yoga, 418 N. Main Street, Bloomington, IL 61701