

250 Hour Yoga Teacher Training Sampler Classes & Information Meetings

Thursday, August 15, 2019

Thursday, August 13, 2020

with Reeny Linstrom and Rebecca Stiles

Sampler Class:

11:00 am - 12:15 pm

FREE Information Meeting:

12:30 - 1:30 pm

**Saturday, December 8,
2018**

**Saturday, December 7,
2019**

with Tricia Fiske

Sampler Class: 1:00 - 2:15 pm

FREE Information Meeting:

2:30 - 3:30 pm

Friday, May 3, 2019

Friday, May 1, 2020

with Tricia Fiske

Sampler Class: 6:00 - 7:15 pm

FREE Information Meeting:

7:30 - 8:30 pm

Sampler Class \$25 (or use your class package or membership)

Join us for a yoga intensive aimed at helping you evolve from within. Set your intention to infuse your life with positive change. By releasing old patterns, we create space to reveal our essence and to realize the power that is always within us. Prairie Yoga's teaching places a special emphasis on aligning the mind, body and spirit to develop deep wisdom and mindfulness.

FREE Information Meeting

Learn more about the 250 Hour Prairie Yoga Teacher Training program and meet the instructor. We will discuss the content and format of the training, review the certification requirements and answer your questions. You can review a copy of the Teacher Training Manual.

INSTRUCTORS



TRICIA FISKE
500 E-RYT

Tricia has been a teacher since 1999 and primary faculty with Prairie Yoga for 11 years. Tricia is a leader in the Chicago western suburban yoga community and has trained and influenced many teachers in the area. She is one of the first Level 2 certified teachers in Rod Stryker's ParaYoga tradition.



REENY LINSTROM
500 E-RYT

Reeny has been a passionate and dedicated practitioner of yoga for 20 years and a teacher since 2001. Reeny received her 500 hour yoga teaching certificate from Prairie Yoga in 2008 and has been a faculty member of Prairie Yoga Teacher Training for 11 years. She has studied extensively with Tias Little and Gabriel Halpern, with a special focus on therapeutics.



REBECCA STILES
500 CYT

Rebecca teaches yoga classes that blend traditional yoga with inspiration from other movement modalities to create a practice focused on strength, mobility and the mind-body connection. Fascinated by anatomy and physiology, in college she pursued a degree in nutrition, receiving her RD and working for many years as a dietitian. After leaving her career as an RD to spend more time with her two sons, she chose to channel her passion for health and wellness into teaching yoga. She received both her 250 hour and 500 hour certifications through Prairie Yoga and is a co-teacher in the 250 hour teacher training program.

250 Hour Yoga Teacher Training Sampler Class & FREE Information Meetings

Date/Time	Instructor
<input type="checkbox"/> Saturday, December 8, 2018 Sampler Class: 1:00 - 2:15 pm FREE Information Meeting: 2:30 - 3:30 pm	Tricia Fiske
<input type="checkbox"/> Friday, May 3, 2019 Sampler Class: 6:00-7:15 pm FREE Information Meeting: 7:30 - 8:30 pm	Tricia Fiske
<input type="checkbox"/> Thursday, August 15, 2019 Sampler Class: 11:00 am - 12:15 pm FREE Information Meeting: 12:30 - 1:30 pm	Reeny Linstrom & Rebecca Stiles
<input type="checkbox"/> Saturday, December 7, 2019 Sampler Class: 1:00 - 2:15 pm FREE Information Meeting: 2:30 - 3:30 pm	Tricia Fiske
<input type="checkbox"/> Friday, May 1, 2020 Sampler Class: 6:00-7:15 pm FREE Information Meeting: 7:30 - 8:30 pm	Tricia Fiske
<input type="checkbox"/> Thursday, August 13, 2019 Sampler Class: 11:00 am - 12:15 pm FREE Information Meeting: 12:30 - 1:30 pm	Reeny Linstrom & Rebecca Stiles

- \$25 included for sampler class checked above. Includes free information meeting.
- I am only attending the free information meeting checked above.

STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.