

# An Evening with Sarah Richelle Starnes!

## Friday July 22, 2016

Sarah will be visiting from Oregon to offer this special event!  
Stay for both workshops and SAVE! 😊



### Intermediate Acrobatic Yoga Playshop 6:00pm-7:15pm

Join Sarah for a playful and challenging evening of acro yoga!

You don't have to be advanced but please have some acro experience because there will be some interesting and complex poses introduced! You don't need a partner to attend. We will be working in small groups.

### Slow Flow Yoga Workshop 7:30pm-8:45pm

Join Sarah for a slow, meditative and flowing yoga practice.

She will also offer live music for savasana.

All levels of experience are welcome in this calming and grounding class.



**About Sarah...** Sarah grew up with meditation, chanting and other sacred practices as a young child and began exploring a physical yoga practice when she was 12. She has been teaching yoga since 1999, and has lead Yoga Teacher Trainings in Illinois from 2004-2015. Sarah has explored and trained in a variety of physical yoga styles, predominantly Anusara, AcroYoga, Yin, Iyengar and Aerial Yoga. She teaches yoga worldwide and now resides in Oregon where the beauty of Nature has been calling her heart for a long time. Sarah's teaching explores the energetic subtleties of a yoga practice, interwoven with optimal, anatomical alignment principles that follow the rhythms and sacred geometry of Nature. Her passion for yoga is eternal and her love for teaching, lifelong.

**Register for either or both of these workshops with our Front Desk Team or call (847) 229-0292**

<b>Both Workshops Fee:</b>	Members: \$35	Non-Members: \$40
<b>Single Workshop Fee:</b>	Members: \$20	Non Members: \$25

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