



Janet Nagel and Jessica Millen

Dates: January 12, 2012 to March 15, 2012

We believe that the height to which someone is elevated is in direct proportion to the depth to which one is grounded.

In our signature Quest for Elevation yoga program, students progress by mastering the poses of each of our seven sequences, one at a time, like an elevator ride to the top. The first floor is appropriately called Solid Ground. From there, students move up to Honor Roll, Twist and Shine, Balance Beam, Speak Easy, Zoom in and ultimately Together We Stand.

Much like earning belts in martial arts, the students earn pennants through specific achievements. The pennant colors and level requirements correlate with the Chakra System.

Winter Yoga Session: January 12, 2012 to March 15, 2012

Time: Tweens 4:00 to 5:00pm **Teens** 5:00-6:00pm

Price: \$140 per session

Sanctuary Yoga: 502 Sheridan Road Highwood, IL 847-266-1600

Registration Form:

Child's Name _____

Age _____

Address _____

Phone: #Home _____ Cell _____

Email _____