

<p>total body yoga</p> <p>total healing — total balance — total joy</p>	<p>210 Terrace Drive, Mundelein, IL 60060 847-772 YOGA (9642) info@totalbodyyoga.com www.totalbodyyoga.com</p>
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WELCOME TO TBY!

We are committed to bringing you the healing benefits of yoga! Many people think yoga is only about stretching—but those who practice find our yoga helps them reduce stress, think clearly, strengthen their mind and body, lose weight and just have more fun! TBY is more than just an exercise center: it is a destination offering a friendly place to relax with friends, read a book or magazine, sip some tea, browse the latest outfits in our shop, get a massage or acupuncture and just **be yourself** (oh yes, and we practice yoga, too). More than anything, I hope that by practicing with us, you learn to live more in the moment with love, honesty, patience & passion! May yoga remind you how wonderful you really are.

Namaste, *Total Body Yoga Teachers*

Who We Are

total body yoga was founded on the passionate belief that promoting awareness between your mind and body provides for a happy, healthy and productive life. We have a culture that cares. TBY is where you go to be inspired about life! So let our team of top teachers look after you in our home away from home, a friendly totally unpretentious healing center.

Our daily classes, workshops, healing therapies, and training programs are just part of the loving environment we provide. We want to help you learn more about Yoga, as a practice and as an approach to life by teaching you how yoga offers tools for changing unhealthy habits and awakening your ability to live more fully!

Our Facilities

We have two studios in our 3900 square foot facility: one larger (A) and one smaller (B). Both provide a relaxing environment to rejuvenate and decompress from your busy life. All equipment is free to use, including mats, blocks, straps, towels and blankets. Changing rooms and storage space for your personal belongings make it easy to transition from a hectic day. Plus, we have a full service yoga and lifestyle boutique featuring carefully chosen clothing, mats, gift ideas and more.

NEW PROMOTION—FIRST-TIME STUDENTS—BUY TODAY, RECEIVE 15% OFF THE CLASS PACKAGE OF YOUR CHOICE.

- 10 Class Pack Savings \$140.00 Minus 15% = \$119 (**\$11.90/class**)
- 20 Class Pack Savings \$235.00 Minus 15% = \$199.75 (**\$9.98/class**)
- 30 Class Pack Savings \$315.00 Minus 15% = \$267.75 (**\$8.93/class**)

NOTE: 15% Year-Round Discount on Class Packs for Students with school ID, Teachers, Military Personnel, Policemen, Firemen, Senior Citizens over 60 and Religious Personnel (not applicable to single classes, workshops or privates).

Prices

Single Class \$20.00
10 Class Pack \$140.00
20 Class Pack \$235.00
30 Class Pack \$315.00

Month Unlimited \$65.00 (1st month only)
1 Month Unlimited \$125.00
3 Month Unlimited \$300.00
6 Month Unlimited \$540.00
1 Year Unlimited \$999.00

Typical usage throughout a year: 10 pack users often commit to yoga once per month. **20 pack** users make a commitment of about 2 times per month. **30 pack** means you are making a commitment of 2.5 times per month. **If you attend more than 3 times per week, your most economical choice is unlimited yoga.**

Lifestyle Programs

Private Yoga Instruction

Receive individual attention with dialog & manual adjustments specifically tailored for your needs. You will learn to understand the relationships between the muscle groups & body parts being engaged.

Yoga Teacher Training

Total Body Yoga 200 hour teacher training led by Silvia Mordini is a nationally recognized hour yoga school (RYS[®]) and exceeds the required registration for Yoga Alliance. It offers you a unique opportunity to make a deep commitment to learning more about yourself.

Corporate Yoga

We offer reasonably priced, customized Corporate classes to best motivate, inspire, and alleviate stress.

Yoga Etiquette

A few things you should know. We're glad you're here and **we wish you a joyous class!**

Please arrive a few minutes early. This allows you to meditate, stretch and prepare for your class. Speak softly out of respect to those in the studio. If you arrive late, please wait to quietly enter the studio until **after** opening meditation.

Please sign in to class every time. Make this a part of your practice. Adding your name to the appropriate class ensures that your teacher is paid.

Please remove your shoes before class as a way of respecting the ancient tradition of Yoga and to provide a clean environment in which to practice. Please leave your shoes in the stuff room in a cubby. We practice in bare feet.

Inform your teacher about any injuries. This allows your teacher to adjust the class and give modifications.

Practice on an empty stomach. We recommend that you refrain from eating heavy foods 2 hours before class time.

Let go of the competitive mindset. Yoga is noncompetitive. No experience or flexibility are required to practice Yoga. Yoga is for everyone. Yoga is the process of understanding and respecting yourself & those around you.