



**Arlington Heights:**

26 S. Evergreen (Evergreen Center)  
AND

**Lake Zurich:**

729 W Rt 22, Lake Zurich IL 60047  
pulsationyoga.com • 847-989-7792

**CLASS LEVEL DESCRIPTIONS**

**Pulsation Yoga 101** (new students or refresher course)

**Basic Level** (beginning students)

**Level 1** (beginners who are ready to advance)

**Level 1-2** (6 mos. or longer of practice is recommended)

**Restorative** (Therapeutic-Oriented, Gentle and Yin: all are welcome)

**Hip Opener** (Level 1-2 students)

**Arlington Heights Schedule**

SUNDAY	Temp	Description/Teacher
8:45-10 am	warm	Level 1-2, Jim
10:20-11:30 am	normal	Level 1, Carol
12-1:15 pm	normal	Yoga 101, <b>Upcoming Session: 2/19-3/12: Pre register.</b>
5-6:15 pm	normal	Restorative: Yin, Sheila
<b>MONDAY</b>		
9:30-10:45am	normal	Level 2, Megan
noon-1 pm	normal	Level 1-2, Margaret
5:30-6:30 pm	normal	Basics/Level 1, Kathy
6:45-8 pm	normal	Level 1-2, Kat
<b>TUESDAY</b>		
9:30-10:45 am	normal	Restorative, Gentle, Katherine
5:15-6:15 pm	normal	Level 1, Christine
6:30-7:45 pm	warm	Level 1-2, Nadiya
8-9 pm	normal	Restorative: Yin, Lin
<b>WEDNESDAY</b>		
9:15-10:30 am	normal	Level 1-2, Carol
12-1 pm	normal	Basics, Katherine
5:15-6:15 pm	normal	Restorative: Therapeutic-Oriented, Kathy
6:30-7:30 pm	normal	\$10 Class*, Level 1, Hip Opener Jim
7:45-8:45 pm	normal	Level 1-2, Nadiya
<b>THURSDAY</b>		
9:30-10:45 am	warm	Level 1-2, Julia
noon-1 pm	normal	Level 1, Julia
6:30-7:45 pm	warm	Level 1-2, Sheila
8-9 pm	normal	Level 1, Kat
<b>FRIDAY</b>		
9:30-10:45 am	normal	Level 1-2, Megan
noon-1 pm	warm	Level 1, Megan
5:15-6:15 pm	warm	Level 1-2, Amy
<b>SATURDAY</b>		
8-9 am	normal	Level 1-2, Jim
9:15-10:30 am	normal	Hip Opener, Level 1-2, Kathy
10:45-11:45 am	normal	Basics, Katherine

\*A specially priced class for \$10 drop in rate. 10% goes to charity. Now you can come more often and give back at the same time!

**Lake Zurich Schedule**

SUNDAY	Temp	Description/Teacher
9:15-10:30 am	normal	Level 1, Kathy
10:45-11:45 am	normal	Level 1-2, Jim
4:45-6 pm	normal	Restorative: Yin Class, Eve
<b>MONDAY</b>		
9:20-10:30am	normal	Level 1-2, Christine
12-1 pm	warm	Level 1-2, Cary
5:30-6:30 pm	normal	Level 1, Amy
6:45-8 pm	normal	Yin Yoga, Meditation & the Gong, Carol
<b>TUESDAY</b>		
9:20-10:20 am	normal	Basics, Sandy
12-1 pm	normal	Level 1-2, Julia
5:30-6:30 pm	normal	Restorative: Therapeutic-Oriented, Kathy
6:45-7:45 pm	normal	Level 1-2, Jim
8-9 pm	normal	Basics, Linda
<b>WEDNESDAY</b>		
9:45-11 am	warm	Level 1-2, Cary
5:30-6:30 pm	warm	Level 1, Staff
6:45-7:45 pm	warm	Level 1-2, Eve
<b>THURSDAY</b>		
9:20-10:30 am	normal	Level 1-2, Kathy
5:30-6:30 pm	normal	\$10 Class*, Level 1, Hip Opener Jim
6:45-8 pm	normal	Level 1-2, Linda
<b>FRIDAY</b>		
9:20-10:30 am	normal	Level 1, Christine
5:30-6:30 pm	warm	Level 1-2, Julia
<b>SATURDAY</b>		
7:45-8:45 am	normal	Level 1, Staff
9-10:15 am	normal	Level 1-2, Rob
10:45-11:45 am	normal	Basics, Sandy
12-1:15 pm	normal	Yoga 101, <b>Upcoming sessions, 2/25-3/18: Pre register.</b>

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