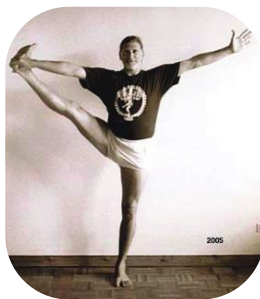


**Heading OM Yoga**  
Woodridge Professional Building  
2619 Heading Ave.  
309-231-9642  
headingom.org



**DOWNTOWN YOGA**  
Contemporary Art Center of Peoria  
305 SW Water St.  
309-645-7762  
downtownyoga.biz

### **VISITING MASTER TEACHER: GABRIEL HALPERN**

**BIOGRAPHY:** Gabriel Halpern holds a BA in Philosophy, an MA in Health Psychology, and was trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of the Yoga Circle in Chicago, IL since 1985. For over twenty years he was a core performance faculty member at De Paul University's Theater Department. In 2011, he was awarded the Elder/Mentor of the Year by the Mankind Project. Just this July, his Yoga Circle was voted the "best traditional hatha studio" by Chicago magazine. Owing to the direct influence of BKS Iyengar and over 4 decades of continuous study Gabriel's teaching is all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring.

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### **Heading OM Yoga**

*All levels welcome. Saturday Single Class: \$65 Early Bird, \$75/after October 21  
Both Saturday Classes: \$120 Early Bird, \$140 after October 21  
Registration Required : headingom.org : 309.231.9642*

**Friday Oct 27th - 6:00 - 8:00 P.M. - Free Dharma talk yoga in the new millennium:  
BRINGING ORDER OUT OF CHAOS**

**Saturday Oct. 28th - 1:00 P.M. - SAFE INVERSIONS**

An inversion can be defined as any pose where the legs are above the head, or the head is below the heart, or both at the same time. Yoga claims that inversions give vitality, clarity, and tranquility. Special attention will be given to head stand and shoulder stand, so beginners can learn how to approach these poses with proper sequencing that will help avoid glitches and teach recovery poses to undo any incorrect habits of practice. Continuing and advanced students will learn variations and creative prop work to refine their understanding and guide their future development.

**Saturday Oct. 28th - 2:30 - 5:30 P.M. - PRANAYAMA**

To skillfully work with prana, you have to soothe the nerves to ease any tension before your practice. Restorative asanas teach you to practice slowly and with care. Supine pranayama helps you practice without strain. Seated technique requires stable asana as its base, and mudra & bandhas as its support. With brain passive and lungs active, forcing nothing, breath is the ultimate emancipation.

### **DOWNTOWN YOGA**

*All levels welcome. \$65 Early Bird, \$75/after October 21  
Both Sunday Classes: \$120 Early Bird, \$140 after October 21  
PAYMENT OPTIONS: Cash, Personal Check or Paypal*

**Sunday Oct. 29th - 8:30 - 11:00 A.M. - THE ABC's YOGA**

The spine, muscles and joints flex, extend, laterally bend, axially rotate, and invert. Today's class will show you the fundamental movements to standing poses, hip and groin openers. You will learn how to sequence properly, avoid glitches, and undo incorrect habits. Yoga is safe, effective, and stage appropriate.

**Sunday Oct. 29th - 12:00 - 2:00 P.M. - RESTORATIVE ASANAS & PRANAYAMA**

Comfortable posture is a prerequisite for pranayama. Today's class will show you sequences that charge you with vitality and alertness and sequences that calm and tranquilize you with quietness. The marma points of Yoga Nidra will be taught to deepen relaxation and visualization skills. Both supine and seated breath work will be explained, demonstrated, taught, observed and corrected. Open to all levels