

Green Eyes Organics / Cynthia Latimer
Class Schedule

Monday

9:15-10:30 a.m.

3 Pillars Wellness Center
1516 E53rd St. Hyde Park

www.3pillars.org

*Hatha yoga with a vinyasa/flow influence. level 1-2**

Tuesday

6:45-7:45 a.m.

Northwestern University

www.fitrec.northwestern.edu

*Hatha yoga basics. All levels**

12:00-1:00

Moksha Yoga Center LV

3334 N Clark Street

www.mokshayoga.com

*Hatha yoga. level 1-2**

5:00-6:00

230 W. North Ave.

(between North Park Ave. & Wells St)

Chicago, IL 60610

<http://www.xsportfitness.com/>

Vinyasa all levels

8:00-9:30

Moksha Yoga Center RW

700 North Carpenter Street

www.mokshayoga.com

*Hatha yoga with a restorative influence. level 1-2**

Wednesday

7:30-9:00

3 Pillars Wellness Center

1516 E53rd St. Hyde Park

www.3pillars.org

*Hatha yoga with a vinyasa/flow influence. level 1-2**

4:00-5:30
Moksha Yoga Center LV
3334 N Clark Street
www.mokshayoga.com
*Vinyasa yoga. level 1-2**

Thursday

6:45-7:45 a.m.
Northwestern University
www.fitrec.northwestern.edu
*Hatha yoga basics. All levels**

4:00-5:45
Moksha Yoga Center RW
700 North Carpenter Street
www.mokshayoga.com
*Hatha yoga with a vinyasa influence. level 1-2**

Saturday

8:30-9:30 a.m.
Willow Yoga
Uptown Arlington Heights
www.willowyoga.com
*Hatha yoga. level 1-2**

Sunday

1:30-3:00
Moksha Yoga Center RW
700 North Carpenter Street
www.mokshayoga.com
Basics / Intro

**Please see bio for a description of Cynthia's teachers and influences.*

**Hatha yoga refers to the postures or asanas. Cynthia's approach to the style incorporates techniques and methods from a variety of teachers. Generally the poses are held for a period of time focusing on the breath, alignment and finding the balance between strength and softness. All of the asanas can be modified for the beginner student or added upon for those who are looking for a challenge.*

**Vinyasa refers to breath-synchronized movement. Linking each movement with a breath for a fun challenging flow aspect of the class.*

**Restorative yoga is done with the use of props so that the muscles can completely relax and open in a supported posture.*