

## YOGA – How to Continue your Practice!

Jan Erkert: [erkert@illinois.edu](mailto:erkert@illinois.edu) cell: 217-974-9827

**Amara Yoga** - Various types of classes – flow, slow, anatomical

<https://www.amarayoga.com/>

- Jan teaches Fridays, 12:00 – 1:00
- Starting Week of June 15, Jan teaches: T/R 10-11 Gentle Class. W/F 12-1 Flow yoga

**Private and Semi Private Lessons** – [erkert@illinois.edu](mailto:erkert@illinois.edu), 217-974-9827

- Jan's Online Videos of Yoga Classes: <https://www.janerkert.com/yoga>

**Hatha Yoga & Fitness** – Various types of classes – flow, slow, anatomical

<https://www.hathayogafitness.com/yoga-private-sessions>

**Iyengar Yoga** - Strong focus on Iyengar methods – Props are important

<https://www.yoga-cu.com/>

**Urbana Park District** –

<https://www.urbanaparks.org/programs/fitness-and-wellness/>