

EMBODIED BLISS

ANUSARA® YOGA WORKSHOP

with Robin Golt



February 24 - 26, 2012

Cost: \$250 (\$225 before January 27)

This workshop will be a celebratory, expansive exploration of the many vibrant aspects of Anusara Yoga, including the Universal Principles of Alignment™, and Anusara's uplifting Shiva Shakti Tantra philosophy.



Why Align with the Divine? *Friday 6:00-8:30 pm*

Pot-pourri asana practice, meditation

This Precious Life *Saturday 12:00-4:00pm*

Earthy, deep asana practice - focus on lower body principles; meditation, contemplation

Pathway to the Heart *Sunday 9:00am-1:00pm*

Inspiring backbend practice, meditation, contemplation. Shoulder therapeutics included!!

REGISTER:

780-416-4211

WWW.YOGAFORTODAY.CA

#206, 2016 SHERWOOD DRIVE
SHERWOOD PARK

