

ANUSARA YOGA WORKSHOP

WITH SARAH FAIRCLOTH AT ATLANTA YOGA

APRIL 6-8, 2012

Join Sarah for a weekend of heart-connecting practices. With fun and challenging garlands of poses, we will weave ourselves into spring and renew our zest for life through yoga. You will hear stories of Nataraja as artist, teacher, and family-man along with with stories of his celestial family: Parvati, Skanda and Ganesha. We will contemplate how we can weave these artist-teacher-family myths into our lives.

FRIDAY 6-8:30P // Advanced Group Practice

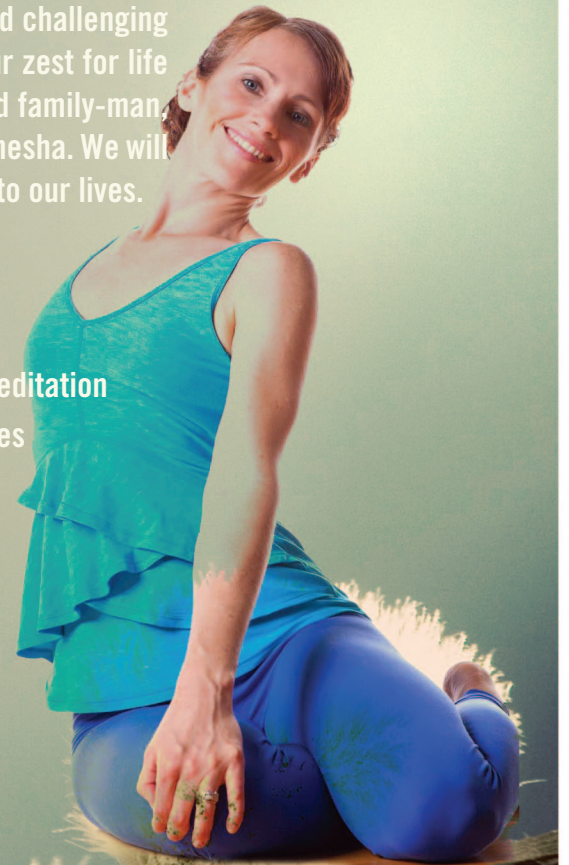
SATURDAY 10-12:30P // Standing Poses and Backbends, Inversions

SATURDAY 2:30-5P // Hip Openers, Forward Bends, Pranayama and Meditation

SUNDAY 11-1:30P // Up-Tempo Class of Back Bends and Hand Balances

Sarah

Sarah, certified Anusara Yoga instructor since 2003, delights in infusing the asana practice with the wisdom and stories of Tantric philosophy. Sarah teaches workshops, immersions, teacher trainings and retreats. She is especially interested in deepening the yoga of the heart, mind and body through yoga scriptural study and contemplation; and through the innovation of poses and variations. www.sarahfaircloth yoga.com



\$45 SINGLE SESSION REGISTRATION

PACKAGES: Saturday and Sunday \$120 (save \$15), Entire weekend \$160 (save \$20)

Atlanta Yoga 660B 9th St. Atlanta, GA 30318 To register: Contact atlantayoga@atlantayoga.com
www.atlantayoga.com