

GARDEN OF THE HEART YOGA CENTER PRESENTS:

GRACE IN MOTION:

A TRANSFORMATIVE ANUSARA YOGA WORKSHOP
WITH CERTIFIED INSTRUCTORS SOMMER & PAUL SOBIN
OCTOBER 1-3, 2010



Friday 1pm: Teacher & Advanced Student Practice

Friday 6pm: Grounded in Grace: standing poses, hip openers, & twists

Saturday 10am: Soar in Back Bends with freedom and delight

Saturday 2:30pm: Expanding the Silence with forward folds, restoratives, pranayama & deep meditation

Sunday 10am: "Rock-It Class" with playful exploration of new poses!

Workshops are suitable for intermediate students (Yoga 2) and above

Sommer & Paul currently live & teach Anusara Yoga in Chapel Hill, NC. They also travel & share the light of the practice teaching workshops around the country. Their classes are spiced with playfulness, humor & filled with a deep reverence for the remembrance of the Universal. They offer much gratitude to their primary teachers, John Friend, founder of Anusara Yoga, & to Betsey Downing, the 'Grande Dame' of Anusara. They are also grateful for the elegant teachings they received from Mitchel Bleier & Sianna Sherman, with whom they traveled extensively assisting national workshops.

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FRI 1-3PM & 6-8:30PM

SAT 10-12:30PM & 2:30-5PM

SUN 10-12:30PM

\$150 (BY 9/22) OR

\$165 (AFTER 9/22)

\$45 EACH 2.5-HR CLASS

TEACHER STUDENT

PRACTICE SESSION,

\$ BY DONATION

Workshop Policies: You may register several ways: register online through the GOH website, or complete a workshop registration form available from Garden of the Heart Yoga Center or download a pdf from the website. Full payment is required to reserve your space in the workshop. Refunds are given up to 3 business days before workshop, minus a \$5 cancellation fee per individual session. No refunds are given after that unless your space can be filled from a waiting list. Directions and hotel info are available at www.gardenoftheheart yoga.com

Garden of the Heart Yoga Center

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