



YOGA Alignment

Take your yoga practice to the next level!



Certified Anusara Yoga instructors, Vanessa Scott, from Ashland, OR, and Robyn Smith, from Arcata, CA, together have over 30 years of teaching experience. They have studied extensively with Anusara Yoga's founder, John Friend, and numerous other top instructors in Anusara and other yoga styles. They are excited to join forces to offer this transformational workshop.

February 10 - 12

Learning and embodying the Anusara Universal Principles of Alignment™ will step up and deepen your practice and open new horizons for the therapeutic dimension of asana. This whole body/mind/spirit set of principles is an elegant biomechanical and energetic map to knowing yourself from the inside out, and aligning with the auspicious nature of your being. Open to all levels with some yoga experience.

Friday Feb. 10 7 - 9 pm

Saturday Feb. 11 10:30 am - 1pm, 4 - 5:30 pm

Sunday Feb. 12 10:30 am - 1 pm, 3:30 - 5 pm

\$110 paid by February 1, \$125 after

Please make checks payable to: Vanessa Scott

At The Ashland Yoga Center, 485 A Street, Ashland, OR 97520

Registration: Vanessa Scott, 541-301-0177 or yoga1@opendoor.com. www.AshlandYogaCenter.com