

# EMBODIED BLISS

## ANUSARA<sup>®</sup> YOGA WORKSHOP

with Robin Golt of Montreal



**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

