



BORN FREE!

Anusara Yoga and the Gift of Freedom with Lois Nesbitt

24-26 February 2012 | Springs Yoga Studio | Atlanta, Georgia

Freedom—it's what everybody wants, right? It's what led our founding fathers across the Atlantic in search of a New World where they could believe what they chose. It provoked the Civil Rights marches, bra burning, and Ghandi's Salt March. It's also the promise of every yoga, spirituality, and religion around the globe—come to us, and we will set you free! (In yoga parlance, the word is usually "liberation"). All except one—Tantra.

The last of the great yoga philosophies, Tantra flourished late in the day, about a thousand years ago. It was called a revolution because the Tantrikas basically took every commonly held belief and turned it upside-down. So Tantra tells us that we are not bound creatures seeking freedom, but free beings who need to learn how and what to bind ourselves to.

Allow Lois, who loves her philosophy as much as her postures, to unpack this radical notion and show you how to put it to good use on and off the mat. Along the way, we'll delve into how and why we get bound to the wrong things, how to balance safety with freedom, moving up and down the chakras in search of grounding and liberation, and creating internal boundaries that direct the flow of our life force.

All sessions suitable for students of all levels.

Location:

4920 Roswell Road, Suite 3

Atlanta, GA 30342

404.781.YOGA (9642)

www.springsyoga.com

SCHEDULE

ALL LEVELS WELCOME!

Friday, February 24

6:00 - 8:00 Getting Out of Your Rut - \$35

Saturday, February 25

10:00 -12:30 Connect then Expand - \$45

3:00 - 5:00 Root Down and Rise Up!- \$35

Sunday, February 26

10:00 - 12:30 Lockness \$45

ENTIRE WEEKEND - \$150



Springs Yoga
Studio