

WORKSHOP CLASS DESCRIPTIONS

Mark box next to class / classes attending

Friday, February 24, 2012

- 6:00 p - 8:00 p All Levels \$35 - GET OUT OF YOUR RUTS!
When we don't pay attention, when we let habit take over, we slip into patterns of moving, breathing, and thinking that often don't serve us well. Called samskaras, these ruts limit our range in every aspect of our lives. We'll devote this evening practice to dislodging the most common holding patterns in the hips and shoulders, giving you a first taste of your freedom!

Saturday, February 25, 2012

- 10:00 a - 12:30 p - All Levels \$45 - CONNECT, THEN EXPAND!
You'll never feel free unless you feel safe—physically, emotionally, spiritually. That's why Anusara Yoga teaches you to connect all parts of your body into an integrated whole before you shine back out. This session will give you the tools to do both, including spirals to line up the legs, hips, and lower back and the grand currents that flow into and out of your core in every posture.

- 3:00 p - 5:00 p All Levels \$35 - ROOT DOWN, RISE UP !
The chakras, or energy stations, along the spine are usually seen as an ascending ladder from the most physical to the purely spiritual. Tantra values the downward current as much as the rise: where would you be without a body, without the boundaries of time and space, of color and form, of language? Explore the power of each chakra to define a specific aspect of your practice and your life.

Sunday, February 26, 2012

- 10:00 a – 12:30 p - All Levels \$45 - LOCKNESS
You are an energy field—but not always a well-organized one! That's why yoga invented the bandhas: locks to stem and redirect the flow of energy inside you. In this sendoff practice we'll engage the locks to create power in your core while also allowing you to shine out in some playfully heart-opening postures.

ENTIRE WEEKEND \$150

Springs Yoga Presents Born Free! Anusara Yoga and the
Gift of Freedom with **Lois Nesbitt**
February 24-26, 2012

Name _____

Phone _____

Address _____

City / State / Zip _____

Email Address _____

To register you may bring the completed form to the studio, call, or mail.
To send by Mail - please send to our mailing address:
(*NOTE: This is NOT the studio location)

Springs Yoga Studio
6595 G Roswell Road
No. 658
Atlanta, GA 30328

Payment Options: (Check One)

Check (Enclosed)

Credit Card (circle one) Visa / Mastercard / AMEX

Card Number: _____

Expiration Date: _____

Signature: _____

Location: Springs Yoga Studio
4920 Roswell Road, Suite 3, Atlanta, GA 30342
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