



Open to Grace: An Anusara Workshop
Golden, Colorado
September 25-26, 2010
With Certified Anusara Teacher Alexis Britton

During this weekend Alexis will guide you through an Anusara Practice that will ignite your heart and connect you to the Divine Flow of Grace that resides in all. The beauty and grace of the individual is celebrated.

Saturday 9 am to 12 noon A fun and lively class that will include Anusara Yoga Therapy tips. This class will assist you to align and enhance your established practice and to introduce you to a way to use the Asanas to benefit your body and to align with nature for the greatest benefit and joy.

Saturday 2 pm to 4 pm We will gather for a class on hip openers, forward bends and twists as well as Pranayama. This practice will inspire and energize you and will be a true celebration of the Self.

Sunday 9 am to 12:00 noon This practice will incorporate all that has been developed both through the practices and through the connection to the Divine Grace that flows within.

Location: Asana Yoga, 5701 Yukon Street, Olde Town Arvada, Co 80002

Cost: Entire Workshop \$110, Early Bird Special by August 15th \$95
Saturday or Sunday am \$45 each, Saturday afternoon \$30

Contact: email susan@asanastudio.com or DeEtta@asanastudio.com

Payments To: Asana Yoga at address above

All levels of student may attend