

Anusara Yoga®

with Scotta Brady, E-RYT 500

Lightness of Being

Using the Universal Principles of Alignment, we'll find a balance of power and softness to open our hearts more fully in backbends. We'll tap into our innate strength and lightness of being to take flight in arm balances. Learn also how the curious use of our feet can help us cultivate more stability in inversions and arm balances. Join us for this fun-filled weekend of yoga!

- **Sat. 1-4 pm: Standing poses, twists, backbends \$40**
- **Sun. 10 am-1 pm: Flight School-Abs & arm balances \$40**
- **Sun. 3-5:30 pm: Nectarean inversions, forward folds \$35**

When: June 26 & 27, 2010

Where: Yoga Birds :: 458-B North Section St.
Fairhope, AL 36532

Contact: Melanie Buffett :: 251 990 3447

Other: For more information, please see www.yogabirds.com
or www.butterflyyoga.net

Entire Weekend: \$100 (save \$15)



Scotta Brady is a *Certified Anusara Yoga Teacher* with a B.A. in Philosophy. She is full of gratitude for each of her teachers, especially Anusara Yoga founder **John Friend**, who has been a great influence on her personal transformation, **her son** because he continually teaches her how to be a better person with his angelic sweetness, unconditional love, and youthful insight. And finally **Paul Muller-Ortega, Ph. D.** who has initiated a powerful transformational shift in her sadhana that continues today.

She continues to study hatha yoga, meditation, & Tantric philosophy. And enjoys sharing what her teachers' have given her, a greater awareness of her body, a more intuitive mind, and a taste of the sweetness of life.

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