

Anusara® Yoga

with Scotta Brady, E-RYT 500

Cultivate Courage & Share your Heart

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

- **Fri. 5:30-8 pm: Cultivate Courage with abs, hip openers & work toward arm balances \$35**
- **Sat. 10 am-1 pm: Share Your Heart: shoulder, chest openers & backbends \$40**
- **Sat. 3-5:30 pm: Savor the Nectar: forward folds & inversions \$35**

When: July 16 & 17, 2010

Where: Natchez Yoga :: 513 Main St. (upstairs)
Natchez, MS 39120

Contact: Stacy Worley or Danielle Craft :: 601 446 9599 ::
info@natchezyoga.com

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



Entire Weekend: \$100 (save \$10)



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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