



Anusara® Yoga Workshop with Scotta Brady, E-RYT 500 Certified Anusara Yoga Teacher

Yoga for Students of All Levels & Teachers

March 6 & 7, 2009

Cleveland, MS

Sponsored by:

DELTA  YOGA

Conner Burnham

conner@deltayoga.org

662/902.2677

For more information, go to

www.butterflyyoga.net

Plug In to the Source & Recharge Your Batteries

Yoga encourages us to continuously return to the Source to recharge our batteries. Our practice can help us do just that. On Friday night, we will insulate our channels & ground our energy using muscular energy in standing poses & hip openers. We'll plug in and turn up the juice on Saturday morning with chest openers and backbends. And we'll get to enjoy the sweetness of fully charged batteries Saturday afternoon with inversions and yoga nidra (deep relaxation). Join us for a totally blissful weekend!

Friday 6-8 pm: Insulate your Channels and Ground your Energy

Saturday 10 am-12:30 pm: Plug In and Turn Up the Juice

Saturday 2:30-5 pm: Enjoy the Sweetness

Location: Delta Arts Alliance Annex, S. Court St. Cleveland, MS 38732.

Scotta Brady, E-RYT 500, is a Certified Anusara Yoga teacher and Experienced Registered Yoga Teacher with the Yoga Alliance at the 500 hour level. She began her yoga studies in 1996 after graduating from Auburn University with a B.A. in Philosophy. Upon meeting her teacher John Friend in 1999, Scotta dedicated herself to studying yoga and was inspired to pass along what she learned from her teachers: a greater awareness of the body, a more intuitive mind, and a true joy for life. Scotta is the owner and director of Butterfly Yoga, an Anusara-based yoga studio in Jackson, MS.

Registration Form

Please check desired sessions:

- Fri 6-8 pm \$28
 Sat 10-12:30 pm \$35
 Sat 2:30-5:00 pm \$35
 All Three Sessions \$95

Name: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Phone: _____

Please make check payable to Delta Yoga

Butterfly Yoga ☯ 3025 N. State St. ☯ Jackson, MS 39216

www.butterflyyoga.net

601/594.2313