



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

Yoga for Students of All Levels & Teachers

Dec 4 & 5 2009

Cleveland, MS

Sponsored by:

DELTA  YOGA

Conner Burnham

conner@deltayoga.org

662/902.2677

For more information, please see

www.butterflyyoga.net

Celebrate Love!

Yoga encourages us to consciously step into the flow of Grace. When we step into this flow, we have greater opportunity to awaken to our true nature. As we begin to recognize & know our true nature as expressions of Love, we can celebrate ourselves, each other, and our lives more fully this Holiday Season.

Fri 6-8 pm: Dive into the ocean of your own Heart with inversions & forward folds

Sat 10 am-12:30 pm: Share your Heart with abs, shoulder openers & backbends

Sat 2:30-5 pm: Cultivate Courage with twists, hip openers, & work toward arm balances

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

Scotta Brady, E-RYT 500, is a Certified Anusara Yoga teacher. 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 \$30
 Sat 10-12:30 pm \$40
 Sat 2:30-5:00 pm \$40
 All Three Sessions \$100 (save \$10)

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