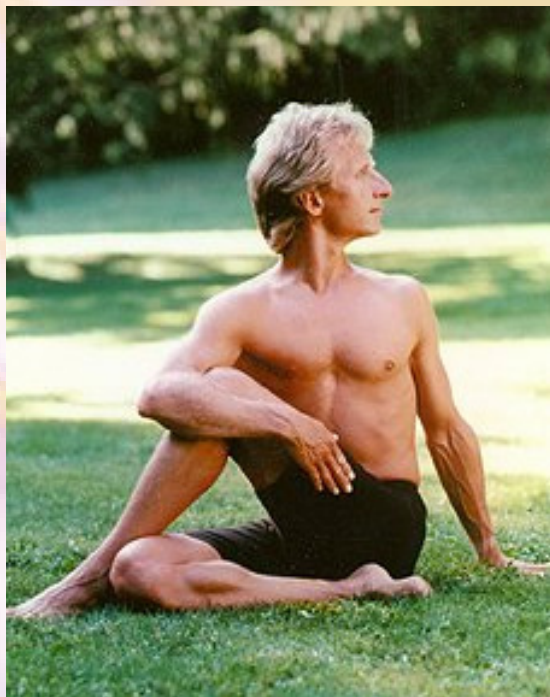


Anusara Yoga Weekend with Todd Norian: Path of Radical Affirmation! **MARCH 19-21, 2010**

Life is intrinsically good and is meant to be fun. Reestablish your connection to the Universal life force that flows through you and affirm the greatness of your heart.



By applying the life-enhancing philosophy and empowering alignment principles of Anusara Yoga, you will increase your strength, flexibility, balance and capacity for joy. Have fun expanding your consciousness in community.

Fri. 7-9 Clear the Dust Off the Mirror

You are made in the image and likeness of something wonderful. Enjoy a potpourri of asanas, including standing poses, hip openers, baby backbends, twists, and forward bends, designed to polish the mirror of your heart and give you a clear reflection of who you really are.

Sat. 10-1 Path of Radical Affirmation

Backbends! Recognize that seeds of greatness have already been planted inside of your heart. Become the master gardener and grow the auspicious.

Sat. 3-5:30 Yes You Can

Hips, Twists, and Forward Bends. Learn how to say "yes" to all that's life enhancing and expand your capacity for more delight.

Sun. 10-1 Magical Midline

Increase Your Vibratory Level. The midline is the central channel along the spine, the Sushumna Nadi, through which the primordial power of the Universe flows. By applying the alignment principles and revelatory philosophy of Anusara Yoga, you'll learn a variety of ecstatic asanas that take you directly to the source of your unlimited self. When you're connected to the midline, anything is possible.

**Cost: FRI PM \$40, SAT AM \$60, SAT PM \$50, SUN AM \$60
\$185 BY 3/5, \$210 AFTER.**

*Cancellation accepted up to one week prior (3/12) minus a 10% admin. fee.
After (3/12) no refunds unless you fill your space.*



Todd is one of Anusara's most open-hearted and inspirational teachers. He teaches yoga with the deepest intention to awaken the hearts of others to their true nature of unlimited joy. Through his personal sharing and profound philosophical insights, combined with precise technical guidance and a warm sense of humor, Todd creates an opportunity for transformation and self-empowerment in each student. He offers workshops internationally and directs 200-hour Anusara Yoga Teacher Trainings. For more info visit www.deepeaceyoga.com.



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