

# Anusara Yoga Workshop

A WEEKEND WITH

## Ann Greene

### July 25 & 26, 2009

at Yoga Center, Newburyport, MA

Anusara Yoga integrates a joyful, spiritual practice with universal principles of alignment and balanced action in the performance of all poses. Anusara yoga is highly therapeutic and utilizes specific energy loops and spirals to align your body, as well as your heart and mind, with your innate divinity and inner beauty.

Ann is a beautiful teacher and great friend of the Center; we are thrilled to have her returning! In this weekend she will offer general classes in the morning and “clinic format” classes in the afternoon focused on the therapeutic applications of Anusara principles.

If you have specific injuries, chronic pain or weaknesses, this is an excellent way to learn to address them in your practice through optimal alignment and balanced action. If you are not experiencing pain, these classes will help deepen your practice through alignment refinements that make your poses more enjoyable and help to prevent future injury.

Ann Greene is a certified Anusara Yoga teacher. Her workshops offer a balance of light-heartedness, physical challenge, mental focus, and emotional sensitivity. Ann creates a supportive environment for each student to feel loved and connected to a greater spirit. She and her husband, Todd Norian, co-teach Anusara Yoga Immersions, and teacher trainings. For more information, please visit [www.deeppeaceyoga.com](http://www.deeppeaceyoga.com)



#### Date, Time & Class Level:

##### **Saturday, July 25**

10:00 AM – 12:30 PM

All Levels Yoga Class

2:00 – 4:30 PM

All Levels

Therapeutics Lower Body

##### **Sunday, July 26**

10:00 AM – 12:30 PM

Intermediate Class (must be able to do handstand at the wall & wheel)

2:00 – 4:30 PM

All Levels

Therapeutics Upper Body

#### Cost:

\$150 weekend,

\$80 single day

\$40 morning only

\$45 afternoon only

#### Registration:

Call 978-463-4354 or email

[center@newburyportyoga.com](mailto:center@newburyportyoga.com)



**Yoga Center**  
of NEWBURYPORT

12 Maple Street Newburyport, MA 01950  
978.463.4354 [center@newburyportyoga.com](mailto:center@newburyportyoga.com)

[www.newburyportyoga.com](http://www.newburyportyoga.com)