

Empower Yourself to Heal through Anusara Yoga

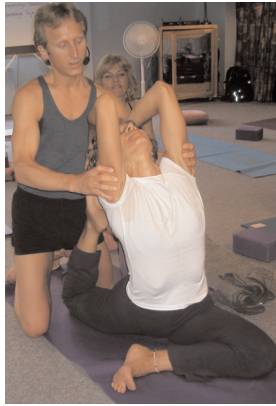
A YOGA THERAPY TRAINING FOR TEACHERS AND STUDENTS
OF ALL LEVELS.

October 1-3, 2010 in Newburyport, MA

Yoga Therapy Training

Every cell in your body is programmed for healing and joy. Unfortunately, due to unconscious body patterns and self-limiting beliefs, we're not always able to fully access this power. Through the life-affirming philosophy and precise alignment principles of Anusara Yoga, students and teachers alike will learn how to transform pain and limitation into an experience of freedom and joy.

During this training you will discover your *Optimal Blueprint*, your body's master design for optimal health, and gain greater knowledge of the application of the Universal Principles of Alignment. Each session will include therapeutic exercises and postures, skillful observation, hands-on technique, and basic anatomy to address, heal, and prevent common aches and pains, including: bunions, ankle and knee pain, hamstring and groin tears, piriformis syndrome, sciatica, lower back and SI joint dysfunction, shoulder and neck strain, rotator cuff injury, tennis elbow, carpal tunnel syndrome, TMJ, and more.



Therapeutics Sessions – includes some asana practice – \$55 each class

Friday: 1:00-4:00, Hips, pelvis, lower back

Saturday: 10:00-1:00, Shoulders, upper back, wrists & hands

Saturday: 3:00-6:00, Feet, ankles, knees, legs and more hips

Sunday: 12:30-3:30, Elbows, neck, jaw & review

Asana classes – \$40 each class

Fri 6:00–8:00 All Levels Asana

Harvest Your Greatness

Like the great monkey god Hanuman, we all forget that our true nature is unbounded consciousness and unlimited joy. Greatness is learning how to savor the ecstasy you already are while taking the next step. Leap into your full potential and harvest your greatness through hip openers and leg stretches leading to the threshold of Hanumanasana (splits). You are always closer than you think. Modifications will be given.

Sun 9:00–11:00 Int/Adv Asana The Magical Midline Increasing 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.

Full Weekend: \$240 if payment postmarked by Sept 13; \$260 thereafter.

Registration: Call 978-463-4354 or email center@newburyportyoga.com

Todd Norian is one of Anusara's most-open hearted and inspirational teachers. He teaches yoga with the deepest intention to awaken the heart's of other's 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 information visit www.deepeaceyoga.com.



Yoga Center
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