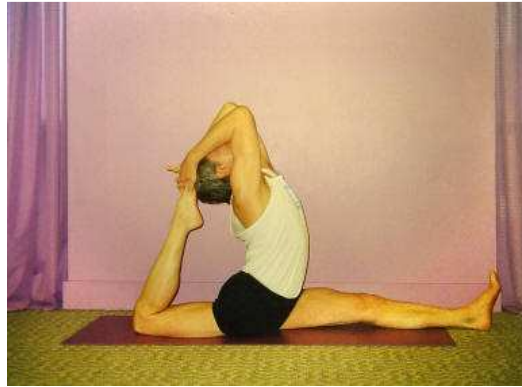




Anusara Yoga Workshop



With Senior Certified Anusara Instructor Jimmy Bernaert

Thursday, September 2nd 2010 6:00PM – 8:00PM

Location: Sweet Briar

5126 Geneseo-Mt. Morris Rd. (Rte. 63), Geneseo, NY

Fee: \$35.00 (Early-bird: by Aug. 15th) \$45.00 afterwards

Jimmy will lead us through a wonderful and wide array of poses. Jimmy's well-seasoned teaching carefully and safely guides us through a full-spectrum of poses with the joy of the heart always at the core. Jimmy will beckon us to explore the nuances of the poses and also, to contemplate the deeper meaning of the practice. The workshop will be playful without a doubt, both dynamic and centering too. We'll have an opportunity to progress in our practice once more as Jimmy challenges us just enough but, not too much!

Instructor: Jimmy Bernaert certified Anusara Yoga teacher from the Big Island of Hawaii
John Friend, founder of Anusara Yoga, said about Jimmy: "He embodies integrity, devotion to the Highest, and a full-hearted dedication to serving his students. He is one of the most highly trained Anusara Yoga teachers in the country and has studied with me directly for hundreds of hours over the past 10 years."

For more information contact Shakti Yoga at 585-243-5240 or 585-245-9886.

*To ensure a space, please mail registration to Shakti Yoga, P.O. Box 515, Geneseo, NY 14454.
Please make checks payable to: Shakti Yoga.*

Registration- Workshop with Jimmy Bernaert

Name: _____
Address: _____
Phone: _____ e-mail: _____
Amount Enclosed: _____

Thank You!