

Anusara Yoga® with Cheryl Catranbone in Fairhope, AL

June 27, 28, and 29, 2008



Cheryl Catranbone: A student of Anusara Yoga since 2000 and Certified Anusara Yoga® Teacher, Cheryl shares her deep passion for yoga with genuine warmth, humor and joyful expression and lives life with great enthusiasm. Residing in Maryland, Cheryl teaches at The Yoga Center of Columbia, Willow Street Yoga and Quantum Yoga weekly and is Co-Director of the teacher training program at Columbia Yoga. Cheryl offers workshops in the US as well as Costa Rica.

www.HeartofGraceYoga.com

Point Clear Yoga Center in Fairhope
Grace - The Unveiling of Shri

Friday 6:15 – 8:15 PM Restoratives \$30

Resting deeply prepares and renews us for the unfoldment of our weekend together. This time of peace will offer the opportunity to decide for ourselves what it is we need most out of the coming weekend and our life. From here we give birth to our intention, we plant the seed we will nurture together and bring forth into blossom and beauty.

10% off Payment Received by June 1, 2008

www.cynthiagalas.com 251-928-3816

Saturday 9AM–Noon Stand and Balance \$45

We will allow our poses to be the physical manifestation and expression of our heart's intention. Moving with sincerity and alignment we will stand tall and move in the Light of Shri.

Saturday 2– 5PM Twists-Bend-Open \$45

Twists, seated forward bends and hip opening poses will draw our attention inward to the beauty of our natural and divine pulsation. From this introspective place and the experience of Spanda (divine pulsation) we will move into a meditation and pranayama practice to find stillness, peace and clarity that waits for us in each breath.

Sunday 9am–Noon Backbends&Inversions \$45

From the seed of intention and watered by the river of breath we will expand and unfold into our fullest expression in this class. From a place of stability and moving with Grace, we will explore the back body; learning to support and open fully to experience the beauty within our hearts.

