

Anusara® 101:

An Introduction to Anusara® Yoga

with Certified Anusara Yoga Teacher Sarah Richelle Starnes

Presented by: *avani yoga*

& Highland Park Hospital Health and Fitness Center

Sundays from 11:30am-1pm March 2012

This 4 class series will provide an introduction to Anusara® Yoga and will focus on:

- Optimal Alignment Principles to heal from injuries and imbalances in the body
- Basic Breathing techniques—Pranayama
- Increasing the flexibility of the spine
- Improving your range of motion
- Increasing your core strength
- Increasing leg stamina with standing poses
- Increasing balance and focus
- Improving relaxation and ability to sleep
- Decreasing stiffness and pain
- Increasing body awareness
- Increasing energy and vitality

This is the perfect class for a student who is either new to yoga or looking to return to the basics. Even those who have been practicing yoga for some time can benefit from this class... come to the workshop with a beginners mind! If you are a yoga teacher who would like to gain more knowledge about how to teach a beginners course, you may also register for this class and choose to observe it instead of participate. Each student is encouraged to work within their own capacity.

Students are welcomed at any age... it's never too late to start practicing yoga!



Your Presenter: Sarah Richelle Starnes

Sarah has dedicated her life to teaching yoga and is a Certified Anusara® Yoga Teacher. She began teaching yoga in 1999. Sarah has a passionate kula in the suburbs of Chicago and holds Teacher Trainings, Immersions and Workshops in the city, suburbs and beyond. For more information, visit www.sarahloveslife.com

Pre-Registration is required: To register call (847) 229-0292 or visit Front Desk

Fee: \$65 for all 4 classes

For additional information please contact Nickie Silk at Nsilk@powerwellness.com

Avani Yoga is located in the Highland Park Hospital Health and Fitness Center

1501 Busch Parkway, Buffalo Grove, IL 60089

www.avaniyoga.com

Register Code: C3202013

