



avaniyoga

& Highland Park Hospital Health and Fitness Center present:
**Anusara 101: Introduction to Anusara Yoga for
Beginners**

Presented By: Sarah Richelle Starnes

Friday, August 6th 7:00-9:00pm



This 2-hour workshop 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
- *Improving your range of motion of your joints
- *Increasing your core strength
- *Increasing balance and focus
- *Improving relaxation and ability to sleep
- *Decreasing stiffness and pain
- *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 will be encouraged to work within their own capacity. Students are welcomed at any age... it's never too late to start practicing yoga!



Sarah Richelle Starnes began practicing Hatha Yoga when she was 12, and has been teaching yoga since 1999. She is an Anusara Yoga Instructor, and has also received advanced Hatha Yoga certifications through the White Lotus Foundation in Santa Barbara, CA.

Sarah's teaching explores the energetic subtleties of a yoga practice, interwoven with optimal, anatomical alignment principles. The celebratory nature of her teaching style reflects her love for the practice and helps her students learn how to find the courage within to be themselves, while expanding their hearts to reveal the divine joy that is their deepest nature. Sarah brings a fun, blissful and compassionate energy to her classes, providing a safe, and empowering environment for students of all ages and levels of experience.

Pre-registration required; to register call 847-229-0292. Fee: Members: \$20 Non-Members: \$25

For additional program information, contact Adam Braun at 847-419-7130 or abraun@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

