



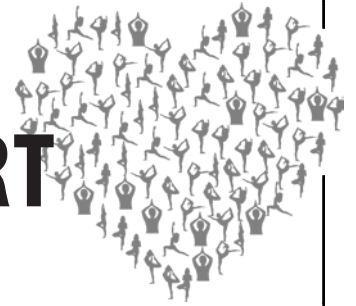
**YOGA CENTER  
OF MARIN**

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Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com



*Ariane (ANANDA MA) Wlasak L.Ac is a licensed Acupuncturist and certified Iyengar Yoga teacher, CIYT-1000, who trained at the renowned Iyengar Yoga Institute of San Francisco. She is inspired by yoga as an extremely potent healing tool, a holistic practice, and a way of life that connects body, mind, and spirit. In 1996, Ariane moved from her native Germany to San Francisco and the beautiful Bay Area to develop her life's path. Since then, she has become a dedicated Iyengar yoga teacher, practitioner and student of renowned senior teacher Manouso Manos and she has twice been to Pune, India to study with Geeta Iyengar and the Iyengar family. In her teaching, Ariane brings mindful, encouragement to nurture the very core of your being. The International Association of Yoga Therapists (IAYT) has accepted her as a certified Yoga Therapist, and Ariane is passionate about bridging the gap between yoga and healthcare. Her experience in Traditional Chinese Medicine enriches her daily practice and teaching of Iyengar Yoga. For classes, workshops and private sessions please contact Ariane at: [www.anandamayoga.com](http://www.anandamayoga.com)*

# RESTORATIVE WORKSHOP: OPEN YOUR CHEST, OPEN YOUR HEART with ANANDA MA



**Sunday, Mar. 11, 2018 • 10:30 AM-12:30 PM**

**Join this workshop focusing on opening the chest area.**

Opening this part of the body is a great way to improve your posture if you are having a forward leaning posture. Opening up this area also creates freedom as we expand the space around the heart. During the workshop we will learn some alignment principles for opening up the shoulders, upper back and heart area. Freeing up this area of the body will give you a new way of seeing life as you expand your breathing capacity and connect deeper to your heart center.

Join Ananda Ma for a nourishing practice of yoga in support of finding contentment and friendliness under any condition.

**THIS WORKSHOP:**

- All levels
- Pre-registered: \$35 (**by March 1**)
- Drop-in: \$45

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/Date/Time: RESTORATIVE WORKSHOP: OPEN YOUR CHEST & HEART with ANANDA MA / Mar. 11, 2018 • 10:30 AM

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website  
 Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_  
 Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_  
 Name on card: \_\_\_\_\_  
 Card billing address: \_\_\_\_\_

Please sign  
 Signature: \_\_\_\_\_

**CHECKS PAYABLE TO:** Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925  
**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



12/30/2017