

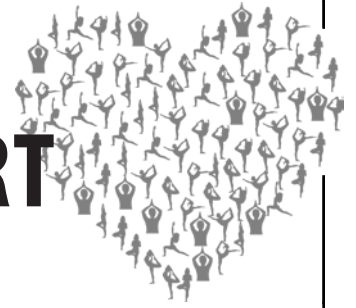


**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
(415) 302-8457
yogacenterofmarin.com

RESTORATIVE WORKSHOP: OPEN YOUR CHEST, OPEN YOUR HEART

with ANANDA MA



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



Ariane Wlasak L.Ac. better know as ANANDA MA, whose name is translated as "bliss", is a licensed Acupuncturist, certified Iyengar Yoga Teacher and certified Yoga Therapist. She has been several times at RIMYI in Pune, India to study with the Iyengar family. Drawing from her evolving experience, Ananda believes that consistent, dedicated practice perforate beyond the physical body and continues to reveal to her to be receptive to experience the innermost core of "pure being," or the natural state of wholeness. The universality of the Iyengar approach to yoga with Patanjali's Yoga Sutra as foundation provides a structure to simplify the mind, and practice postures with precision and alignment. For a complete calendar of Ananda's classes visit: www.anandamayoga.com

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: _____
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 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



7/19/2018