



**YOGA CENTER
OF MARIN**

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

DE-STRESS: A RESTORATIVE WORKSHOP with ANANDA MA

Saturday, Apr. 21, 2018 • 2:00-5:00 PM



YOGA ASANA (postures) give us a safe way to explore our emotional states as well as the means to strengthen our entire system from the physical to the most subtle and profound.

YOGA and MEDITATION are ways to calm the mind and allow our natural deep well of serenity and wisdom to flourish in our hearts and minds and in our daily lives. To do so we need to have harmony between our body and mind, to be grounded in the present moment, and to feel stable, confident and whole. Iyengar's yoga provides that strength from within, and to support physical, mental and emotional well being.

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

THIS WORKSHOP:

- All levels
- \$45 pre-registered **(by April 14)**
- \$55 pre-registered after April 14 or drop-in

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

WORKSHOP/Date/Time: DE-STRESS: A RESTORATIVE WORKSHOP with ANANDA MA / Apr. 21, 2018 • 2-5 PM

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



7/18/2018