

ANUSARA WORKSHOP

with Senior Anusara Yoga Teacher

AMY IPPOLITI



About Amy Ippoliti

Amy has been a student of yoga since 1986. Her study of hatha yoga, pranayama, yoga therapeutics, and yoga philosophy led her to become a certified Anusara Yoga teacher in 2000. She has traveled extensively with Anusara founder, John Friend, apprenticing with him on his national tours, and continues to be a leader in the Anusara Yoga community. Amy has also studied closely with Tantric scholar, Dr. Douglas Brooks since 1999. Amy leads

Anusara Yoga retreats, Immersions workshops, and teacher trainings internationally. She is known for her radically affirming teaching style and dynamism, offering her life experience with the potent Universal Principles of Alignment, elegant tantric yoga philosophy, and therapeutics that embody Anusara Yoga.

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AURA ONE MOVEMENT
&
ENTRE CIEL & TERRE
Presents



Anusara Yoga Weekend Workshop with Amy Ippoliti

'An Introduction to Anusara Yoga

Fri 24th, Sat 25th, Sun 26th October 2008

With Dave Stringer Kirtan Concert on Saturday 25th October 2008 (8PM)*

Day 1 - Fri 24th Oct 2008 (PM only)

Location: 22 Merle D'Aubigné, Eaux Vives, Geneva.

Time: PM: 7pm to 8.30pm.

'STEPPING INTO GRACE' - Introducing students to Anusara 1st Principal of Alignment 'Opening to Grace'

Day 2 - Saturday 25th October 2008 (AM & PM)

Location: ENTRE CIEL & TERRE, Rte de l'Etraz, 1296 Vich (near Gland).

Time: AM: 11am to 2pm. PM: 3.30pm to 5.30pm.

'BALANCING EFFORT & SURRENDER' Going deeper into Anusara Yoga's 5 Universal Principals of Alignment with a focus on Standing Postures, Inversions & Backbends in the morning and Twist and Forward Bends in the afternoon.

*Also the Evening Kirtan Concert with Dave Stringer will be at 8PM

Day 3 - Sunday 26th October 2008 (AM & PM)

Location: ENTRE CIEL & TERRE, Rte de l'Etraz, 1296 Vich (near Gland).

Time: AM: 10am to 1pm. PM: 2.30pm to 5.00pm.

'ROOT TO RISE' - Focusing on the Anusara Principals of Muscular and Organic Energy, Focusing on Loops and Spirals in the morning session and a more remedial session in the afternoon.

ALL LEVELS WELCOME

FOR BOOKINGS CONTACT:
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PRICES in CHF	FRI 24th		SAT 25th		SUN 26th		FULL 3 DAYS	
	PM	AM	PM	AM	PM	No CONCERT	CONCERT	
Early Bird Price (Before 01/10/08)	60	80	65	80	75	360	385	
Full Price (After 01/10/08)	65	90	70	90	80	395	420	

* DAVE STRINGER Kirtan Concert will cost 25CHF prior to Saturday 25th Oct, 35CHF on the day.
N.B NO REFUNDS AFTER 1st OCT 2008

A portion of the proceeds from this workshop will be donated to 'Carbonfund.org' and to 'Trees for the Future' to offset the carbon emissions created from the teachers travel for this event.

