

Attaining Yoga Studio

Presents

Anusara Yoga

Saying Yes to Life

Join me in welcoming



Amy Ippoliti

Certified Anusara Teacher
and Teacher Trainer

Wednesday November 9th, 2005

9:00am – 12:00pm \$40 in Advance / \$45 @ the door

6:00pm – 8:30pm \$35 in Advance / \$40 @ the door

As part of her trip to Florida for the Omega Yoga Conference in Miami, Amy Ippoliti will share her joy of Anusara Yoga with our community for a special visit to Attaining Yoga. In this class, Amy will introduce us to Anusara's Universal Principles of Alignment and the life affirming vision of Tantric philosophy. As we learn to align the body through these principles, maximum energy flow and self-expression naturally arises. Get inspired both on and off of the mat, discover your own gifts, and open the gateways to spirit. Through a dynamic variety of standing poses, twists, backbends, hand balances, and hip openers, this experience will expand your boundaries, shift your world, and therefore help to more fully serve those around you.

All levels are welcome.



Amy's Biography:

A student of yoga for almost 20 years, Amy was certified to teach Anusara Yoga by founder, John Friend, and is a leader in the Anusara Yoga community. She has studied hatha yoga, pranayama and yoga therapeutics under the guidance of John Friend for the last 7 years and continues to apprentice and travel with him nationally. Additionally, she has studied closely with with Tantric philosopher and renowned scholar, Dr. Douglas Brooks for the last 6 years. Amy leads Anusara retreats, workshops, Immersions and teacher trainings nationally and internationally. www.wildspiritryoga.com