

The Triadic Heart



An Anusara Yoga Workshop with

Marc St. Pierre **March 27 & 28, 2010**

Join Marc St. Pierre – certified Anusara™ Yoga Instructor and great friend of the Center - for a weekend of deep exploration and play. We will explore more thoroughly what it means to move and live in alignment with the totality of our being. What is past? What is future? What is present? Come see how the Triadic Heart supports us to gain perspective on this magically wonderful and weird experience we call Life!

Saturday- 10:00am - 1:00pm – Intermediate/Advanced
Back Bends, Arm Balances, Inversions & Hips – \$50

Saturday 2:30 – 5:00pm – All Levels
Standing Poses, Twists & Forward Folds - \$40

Sunday 9:00 - 11:30am - All Levels
Steady Flow - \$40

Full weekend: \$115

Registration: Call 978-463-4354 or email center@newburyportyoga.com



Yoga Center
of NEWBURYPORT

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