



# *The Artistic Science of Anusara Yoga*

Weekend Workshop with **Christina Sell**  
August 27th-29th, 2010

**Christina Sell has been practicing yoga since 1991. She is a certified Anusara Yoga instructor. Christina's classes are fun, inspiring and dedicated to helping people of all ages, sizes and abilities discover the joys of yoga practice and conscious living.**

## **Friday Night 6:00-7:45- \$30**

### **The Dance of the Heart, the Beat of the Soul: All levels Flow**

This all-levels Flow class will be set to music to invite students to move out of their heads, into their bodies and into a fluid and dance-like relationship with their breath. Designed progressively and sequentially, this class will incorporate standing posture, hip openers, arm balances, back bends and forward bends for a full-spectrum practice perfect to end your busy work week. The class will be concluded with pranayama, meditation and a long period of relaxation.

## **Saturday Morning 10:30-1- \$30**

### **Asana as Sacred Art: All levels**

To perform asana as an artistic endeavor one must hone their skills and refine their vision continually. This all levels class will emphasize standing postures, introductory arm balances and back bends as way to create more skillful art that is dedicated to the Highest within us.

## **Saturday Evening 3:00-5:30- \$30**

### **Listening to the Muse: All Levels**

In order to live fully as artists and Yogi's we must take time to go inward, to cultivate our relationship with our inner self so that we can hear its guidance clearly. This forward bend practice will help focus your attention, calm your mind and provide you with a chance to listen carefully to your inner wisdom and truth.

## **All three workshops- \$75**

## **Special Group Practice for Teachers and Advanced Students, Sunday Morning, 10:00-1:30- \$20 Exploring the Boundaries of your Artistic Potential: Intermediate/Advanced Level**

Students interested in this session should come ready to work and to play. Students should be able to respect and honor their limits while being willing to play the edge of the capacity intelligently and compassionately. This back-bend oriented practice will involved arm balances, deep back bends, hip openers and forward bends to challenge and inspire you. Bring an open heart and a curious mind.

