

Anusara® Yoga

with

certified Anusara® instructor

Elizabeth Little

LOCATION

The Ballroom
@ Building 98

705 West Bonnie St.
Marfa, Texas 79843

SAT. ^A_ND ^S_UN.
September
25 ^A_ND 26



Triangle photo: Rosanna Salonia | headshot photo & design: milo@yogaoasis.com

Saturday, 9/25

9:30 - 11:30 a.m. – Big Bend Session One: Backbends

Explore the uplifting energy of back bends with safety and ease.

2:30 - 4:30 p.m. – Big Bend Session Two: Forward Bends

A steady practice of forward folds and breath work to prepare you for the evening.

Sunday, 9/26

9:30 - 11:30 a.m. – Potpourri class

Gather the energies of different classes of poses into one playful practice.

Saturday, 9/25

9:30 - 11:30 a.m.

2:30 - 4:30 p.m.

Sunday, 9/26

9:30 - 11:30 a.m.

Rate

\$20/class

\$50 for all 3 sessions

(with pre-registration)

Elizabeth Little, Ph.D., RYT 500 – Elizabeth is a Certified Anusara® Yoga Instructor. She has studied with her teacher John Friend since 2001 and her other great yoga inspiration, Darren Rhodes, since 1999. She is known for her humor and commitment to practicing safely with healthy body alignment. Elizabeth is also a Cancer Research scientist, and lives in Tucson, Arizona with her fiancée and three dogs.

Marfa, Texas is a jewel found in western Texas. Marfa is an incredible place of amazing people, world class art, and beautiful landscape. For more information please visit: www.marfa.org and www.marfacc.com

Questions or to Pre-register please contact Aimee or Rawles:

tel.: 432.386.4747 | email: aimee@luminousbodyyoga.com