



# Weekend Workshop *with* John Friend

## Park City, Utah



John will be presenting two levels in this Weekend Workshop, a Mixed Level and an Intermediate/Advanced Level workshop. Although each John Friend workshop contains different heart-oriented themes and a fresh view of the Anusara principles, students consistently experience the magic of Anusara Yoga and feel empowered and transformed from inside out in every class.

The Weekend Workshop is considered to be a complete experience in itself. All the classes are progressive and build upon each other. In the first class, John will lead everyone from the beginning, introducing the Universal Principles of Alignment™. Each class will go deeper into these fundamental principles. Furthermore, the class as a group, will be able to experience the whole weekend by supporting one another and sharing in the ever-expanding magic of the weekend throughout each class.

To apply for this workshop or for more information go to: [www.anusara.com](http://www.anusara.com).

**Cancellation Policy:** You have up to 24 hours before the workshop to cancel in order to still receive a refund less an administrative fee. If not cancel, you may not substitute a friend in your place. Any openings in a workshop will be filled from our waiting list. Call our office if you wish to receive further details on this policy.

## September 12-13, 2009

### Workshop Location

The SHOP Yoga Studio  
1167 Woodside Avenue  
Park City, Utah 84060

### Mixed Level

Saturday 9/12 8:00 am - 10:00 am  
1:30 pm - 3:30 pm

Sunday 9/13 8:00 am - 10:00 am  
1:30 pm - 3:30 pm

**Cost: \$150.00**

*Suitable for all levels, with or without Anusara yoga experience. Introduction to the Universal Principles of Alignment, including Loops and Spirals and concepts such as "flowing with Grace." Will include a wide variety of postures from many different categories of asana.*



### Intermediate/Advanced

Saturday 9/12 10:30 am - 12:30 pm  
4:00 pm - 6:00 pm

Sunday 9/13 10:30 am - 12:30 pm  
4:00 pm - 6:00 pm

**Cost: \$150.00**

*Suitable for experienced Anusara yoga students and teachers; physically challenging.*

**Prerequisites:** One year minimum of regular Anusara yoga studies with a good working knowledge of the Universal Principles of Alignment. Must be able to do both handstand at the wall and Urdhva Dhanurasana with straight arms without assistance. No major physical limitations or injuries.