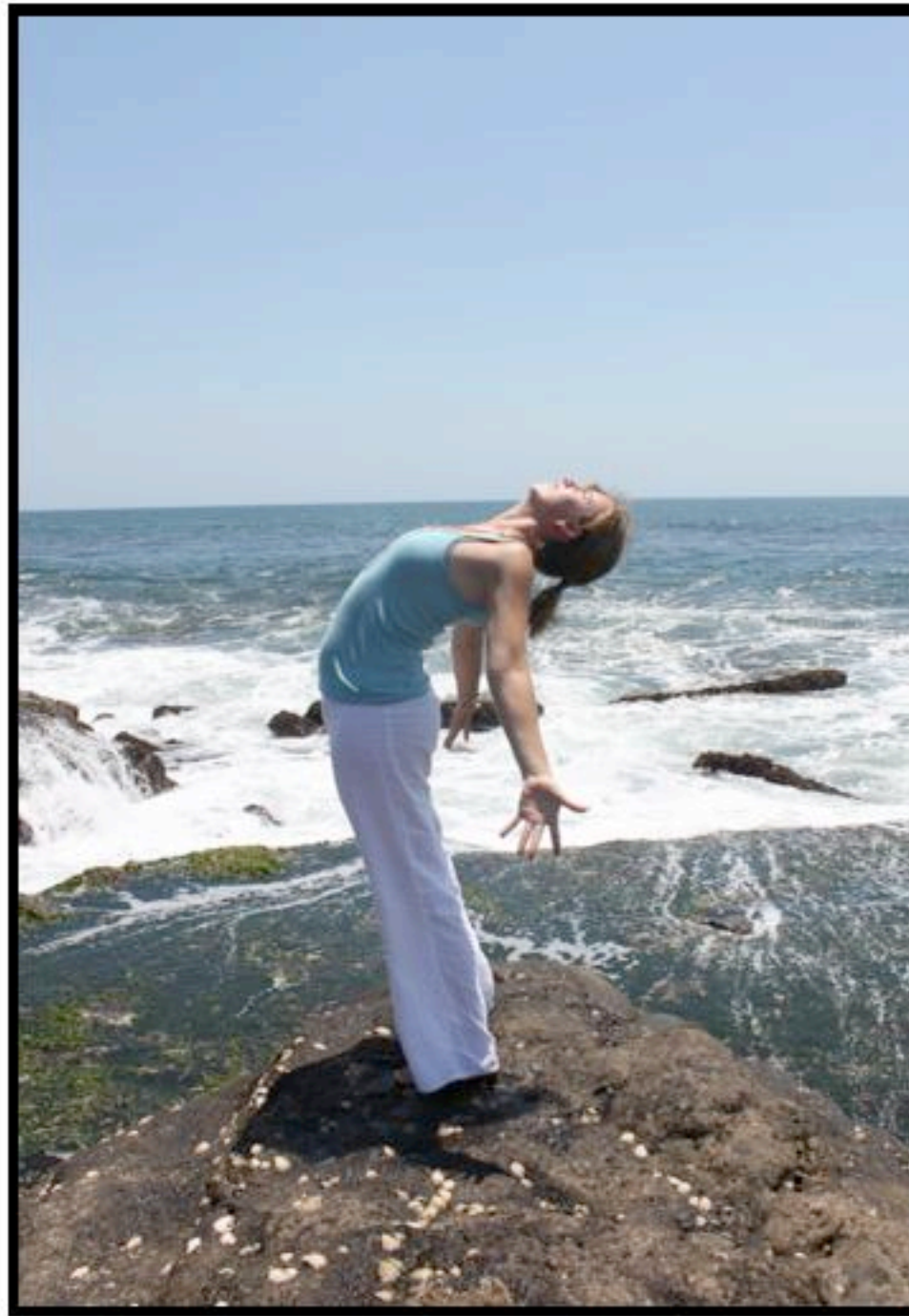


“The Winds of Grace are Always Blowing... You just have to put your sails up.” ~ Swami Rama



Anusara™ Weekend with Tiffany Fraser

at *yoga*
plus...

Feb. 19-21st

L.A. based Certified Anusara™ Teacher, Tiffany Fraser comes to Toronto for her 5th Annual Visit to warm you up from the cold of winter with the dynamic and inspiring system of Anusara™ Yoga.

Friday 6:30 - 8:30: Heat the Hips / \$55

In this 2 hour practice we will focus on unfreezing our hips with twists and forward bends.

Saturday 9:30 - 12:30: Defrost your Heart with Fiery Backbends / \$70

Don't worry, we won't do backbends for 3 hours!!! But we will build the practice to some deeply heating and transforming back bends as well as many other classes of asana.

Saturday 2 - 4pm: Therapeutics for Winter Woes / \$60

In this practice we will use the Universal Principles of Alignment created by John Friend to heal the body's misalignments. You will create the focus of the class by offering your aches and pains which we will use to understand freedom and bliss more fully in the body. Open to all levels of practitioners.

Sunday 9:30-1pm: Raise your Sails / \$75

This final practice of the weekend will culminate with arm balances and inversions that express your heart's desire to Sail with Grace.

Full Weekend: \$250 +GST

DISCOUNT TO ALL Yoga Plus... teachers and teacher training students.