

Anusara Yoga® Weekend Workshop

with **Jordan Bloom**

April 23-25, 2010 Friday-Sunday

Workshop Schedule

Friday 6:30pm - 8:30pm: \$45

Smell the roses while you can

A Playful and Fun class to begin the weekend

Saturday 10:00am - 12:30pm: \$55

Chit Happens - Delving in to deeper understanding, awareness and knowledge

Standing poses, and backbends

Saturday 2:30pm - 5:00pm: \$55

"Yoga-ing" it all together

Hip Openers Forward Bends, Twists and Inversions

Sunday 11:00am - 2:00pm: \$60

Rajanaka - Living as a Connoisseur of Life

Arm Balances, Backbends & Pranayama



Attend the entire workshop: \$ 180

Early Registration: \$ 157 (paid by 4/7)

No refunds unless your space can be filled from the waiting list. Refunds subject to 20% cancellation fee.

**Signup online today at
www.yoga1.net**

or call (954) 929-YOGA (9642)

About Jordan Bloom

Jordan Bloom is a Certified Anusara yoga teacher committed to "seriously" playful transformation and the celebration of life through the powerful practice of yoga. Originally from Johannesburg, South Africa, Jordan has been living in the United States for the past decade, teaching and studying yoga with many great and inspirational teachers. Using his diverse life experiences and his playful sense of humor, Jordan brings fun, laughter, and intensity to his classes. Jordan has been blessed to study with many great teachers, in particular, John Friend, the founder of Anusara Yoga has been a mentor and major source of inspiration and growth for Jordan in his practice and his teaching.

yogaone

**613 N. 21st Avenue
Hollywood, FL 33020**