

# Para Yoga Weekend

with Mary Bruce

February 26 & 27

Mary is a registered yoga alliance teacher and Anusara Certified by John Friend. She is also a senior student of Rod Strykers and a leading teacher of Para Yoga®. The synthesis of Anusara's biomechanical principles of alignment, along with heart-centered themes and the lineage and depth of knowledge of energetics of Tantric Hatha in the Para Yoga® style, is a complete yoga.

All elements are present: Attention to detail (alignment), awareness of breath (pranayama), open to grace (attitude), intelligent sequencing (vinyasa krama), as well as Ayurveda, visualization, meditation and mantra. Both systems are based on the philosophy of Tantra. Which is to blend, to weave a treatise, a study in self, to thrive on all levels, to blend the material with the spiritual. It is the meeting of two oceans, powerful and deep, full and complete. Mary combines these two systems to create what she calls the perfect yoga for it allows you to see yourself as you are: already perfect and divine.



## Shri – Women's Goddess Flow

Saturday February 26

2:00-4:00pm \$35 (All levels)

Beauty is not in the face. Beauty is a light in the Heart. – Kahlil Gibran

Beauty comes from within and is reflected back out into the world. Explore a sacred flow of postures connected to breath and mantra that allow you to return to your center and remember the divine feminine unfolding within. Each pose is an offering and an expression of your fierce love for self.

## Saucha– The Yoga of Purity

Sunday February 27

2:00-4:00pm \$35 (All levels)

If you don't take care of your body where will you live?

Purity pulses with clarity and vitality. Twists are sublime postures to bring out your inherent luster. By physically cleansing the internal organs and opening energetic channels, your life force flows more efficiently and your capacity to hold light and flourish as an individual expands. Twists open the doorway to creative expression and a deeper connection to your authentic nature. Practice will include the dynamics of twisting with pranayama, bandha and mudra exploration.