



October 1–3, 2010 Friday–Sunday

Anusara® Yoga Essentials: Universal Principles

Jonas Westring

Are you ready to go deeper? Seeking new perspectives? This workshop might be just what you are looking for. Anusara Yoga is a profound and elegant system that blends the ancient art of yoga with modern science. Praised for its effective biomechanics, Anusara provides a framework of principles that empowers yoga students to understand how all poses, regardless of category, arise from the same Universal Principles of Alignment. Anusara's philosophy emphasizes the pulsation of one singular spirit in all life-forms.

This weekend will bring to light the essential elements of Anusara Yoga in a practical and systematic way. You will be individually guided and supported to shine at your fullest capacity, while paying attention to detail without losing sight of the reasons for practicing.

Educational, transformational, skillful, and joyful, this program offers the opportunity for a radical shift in understanding and perspective. You will return home with a yogic toolbox and the knowledge necessary to continue the path of yoga in a safe and progressive way.



Jonas Westring, PT, E-RYT 500, is a licensed physical therapist in his native Sweden and in the United States. He began his yoga studies in 1981 and has been a student of John Friend since 1999. A multi-certified yoga instructor and certified teacher of Anusara® Yoga, Jonas is the director of Shantaya Yoga and Bodywork School based in Chiang Mai, Thailand. He has also pioneered and taught Thai Yoga Bodywork to thousands of people throughout the world in his Thai Yoga certification program. Jonas transmits the essence of yoga, bodywork, biomechanics, and therapeutics with clarity, joy, and precision. www.shantaya.org



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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