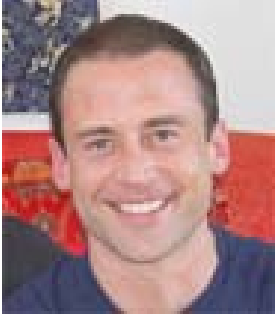


Anusara Yoga

Weekend Workshop with Adam Ballenger

March 23 - 25, 2012



Fire Dances

We'll gather for four sessions for a thoroughly playful weekend of intensely dedicated play suitable for all levels.

Structure leads to form but doesn't define it and Form exists on the basis of structure. We'll refine our technique and alignment - or our "Structure," step by step, leading to breakthroughs and insights about the "Forms" we present in our practice. Constantly keeping the play between the play of the dance and the hard work of Fire it takes to play at this level.

Friday, 23 March 7-9 pm

The structure of your hips and shoulders and how to let prana flow easier in those areas,
Early bird \$ 30 Leisure Bird/ Walk in \$ 40

Saturday, 24 March 9-11:30 am

Open & energetically flowing practice, potpourri of postures supported by your fire & form
Early bird \$ 35 Leisure Bird/ Walk in \$ 45

Saturday, 24 March 2:30-5:30 pm

The curve of youth, the flowing backbend, plus therapeutics (structure of the dance)
Early bird \$ 35 Leisure Bird/ Walk in \$ 45

Sunday, 25 March 9 - 11:30 am

The full dance between your dedication (fire) & your structure (the dance choreography)
Early bird \$ 35 Leisure Bird/ Walk in \$ 45

Entire workshop: Early bird \$ 110 (through 17 March 2012) or Leisure Bird \$ 140.

Registration forms available at DakotaYogi.com or contact us at Donna@DakotaYogi.com or (605)381-1204

Hosted by Dakota Yogi, Inc. in Partnership with Black Hills Yoga, Inc.