

KEYS TO FREEDOM:

Introduction to the

Universal Principles of Alignment™

• “One side of what? The other side of what?” Alice •

The UNIVERSAL PRINCIPLES OF ALIGNMENT, developed by John Friend, founder of Anusara Yoga™, comprise an elegant and effective system which can help you to optimally align in every asana to realize your fullest potential of svatantrya — unbounded freedom.

The UNIVERSAL PRINCIPLES OF ALIGNMENT will help you:

- Refine the creative artistry of your practice
- Experience your yoga practice as a continuous process of deepening transformation
- Cultivate greater harmony, integrity, sweetness and freedom in your practice
- Understand alignment in a comprehensive systemic way.
- Feel great!

In this intermediate/advanced workshop we will venture down the rabbit hole as we apply the UNIVERSAL PRINCIPLES OF ALIGNMENT in a practice of hip openers and backbends.

With Kaj Hoffman

Kaj is a licensed Anusara-inspired™ yoga teacher. He has been studying and practicing many styles of yoga for 20 years, and teaching yoga for ten. In the past six years he has had the great fortune of studying yoga and yoga therapy with John Friend, the founder of Anusara Yoga.

Saturday, August 29th 1:30 – 4:00 • \$30



Santa Barbara Yoga Center

32 East Micheltorena Street

Santa Barbara CA 93101 805•965•6045

www.santabarbarayogacenter.com