

ANUSARA YOGA WEEKEND WORKSHOP

EXPAND, PLAY, DANCE WITH JORDAN BLOOM

@ ABHAYA YOGA CENTER JULY 25-27, 2008



Friday, July 25: 6:30–8:30pm—Abhaya: an invitation to a life without fear—Intro and vinyasa class—\$40

Saturday, July 26: 10am-1pm—Expansion thru contraction—Standing poses and backbends - \$60

Saturday, July 26: 3pm-5pm—The play of concealment and revelation—Hip openers, Forward bends and Twists—\$40

Sunday, July 27: 10am-1pm—Dancing at the edge of the Universe!-Arm balances and Backbends—\$60



Early bird registration pricing for the entire weekend \$150 before July 2, 2008. After 7/2, \$175.

info@abhayayogacenter.com or 850-439-0350 to

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 U.S. for the past decade. 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. As Jordan’s mentor, John has been a major source of inspiration and growth for Jordan in his practice and teaching.

ABHAYA YOGA CENTER

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