

GOOD DHARMA = GOOD KARMA



Anusara Yoga®

with certified Anusara teacher Marc Holzman

Exploring our Dharma

What exactly is Dharma? And even more profoundly, what is our individual Svadharma? Through the process of aligning with the Highest we can begin to unlock the mystery of maintaining the order of the world while falling deeply in love with our lives. Join Marc for a rockin' weekend of Anusara Yoga as we generate good Karma from the inside out!

Workshops

Friday March 9
19.00 – 21.00

A flow of standing poses and hip openers

Saturday March 10

10.00 – 12.30

Funky (but dharmic) backbends

14.00 – 16.30

Karma busting arm balances

Bio

Marc left Los Angeles to begin a new life in Paris. Voila! As the founder of Guerilla Yogi and a member of the Anusara Certification Committee, he teaches internationally either live or via the many classes that are streamed through the internet on Yogaglo. Recognized as a teacher of teachers, his classes are deeply heartfelt, inspiring, and designed to encourage students to tap into their infinite potential.

Price

- Friday night € 35,-
- One Saturday workshop € 45,-
- All weekend € 110,-

Location

Friday :Mirrorcenter, TerGouwstraat 3
Saturday :Podium Mozaiek,
Bos en Lommerweg 191
Both locations are in Amsterdam.



Information & registration

www.trixmarinusse.nl

06-30849781

trixmarinusse@hotmail.com

