



# Empower Yourself to Heal Through Anusara Yoga: a Yoga Therapy Training For Teachers and Students of All Levels.

## And asana classes!

With certified Anusara® teacher Todd Norian

7 – 10 June 2012

### Dates & Time for therapy training:

|          |               |  |
|----------|---------------|--|
| Friday   | 13.30 - 16.30 | hips, pelvis, lower back                 |
| Saturday | 10.00 - 13.00 | shoulders, upper back, wrists, and hands |
| Saturday | 14.30 - 17.30 | feet, ankles, knees, legs, and hips      |
| Sunday   | 13.30 - 15.30 | elbows, neck, jaw, and review            |

### Dates & Time for asana classes:

Thursday 19.00 – 21.00 Clear the Dust Off the Mirror. All levels

Friday 19.00 – 21.00 Heavenly Hip Openers:  
Pain-free living is your birthright. When you open your hips, you'll feel heavenly. Increase your pleasure, range of motion, and your creative power to move through life with greater ease. This session promises to be deeply rejuvenating and revelatory! all levels.

Sunday 10.00 – 12.00 Monkeying Around:  
Playfulness as a Heart Virtue: Upbeat hand balances, backbends, and other swinging, playful poses.

### Location:

Podium Mozaiek, Bos en Lommerweg 191, Amsterdam

### Price:

- one therapy session € 50,-
- All therapy sessions € 180,-
- one asana class € 30,-
- All asana classes € 80,-
- The whole package € 225,-

### Bio

Todd Norian is one of Anusara's most open-hearted and inspirational teachers. He teaches yoga with the deepest intention to awaken the hearts of others to their true nature of unlimited joy. Through his personal insights, precise technique, and humor, Todd creates an opportunity for transformation and empowerment in each student.



### Information & registration

[www.trixmarinusse.nl](http://www.trixmarinusse.nl)

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