

# Voice of Spirit

Anusara is an emerging new paradigm of hatha yoga in which the body and mind are honored as sacred vessels through which the divine radiance of supreme consciousness can shine and flow. These workshops are specifically designed to elicit that radiance while giving our supreme consciousness a chance to speak.

A profoundly beautiful opportunity to melt our old tired bones through laughter, writing and movement into crystalline structures of delight, as the understanding of who we truly are rises to meet what was before, an indifferent world.

*... "Amazing" ... "Incredible" ... "rhapsodic and hilarious," ...  
"surreal" ... "ignites passion" ... "hop on, let's go - and we are all  
better for the ride."*

*Where:* **Highlands City Club**

**885 Arapahoe Ave,  
Boulder, Colorado 80302**

*When:* **February 22<sup>nd</sup> – 24<sup>th</sup> 2008**

*Contact:* [admin@muddyoga.com](mailto:admin@muddyoga.com) **303-444-0701**

*Cost:* **\$220**

**February 22<sup>nd</sup> Friday: 5:00 to 7:00**

with potluck Shabbat immediately following class. Family and friends welcome.

**February 23<sup>rd</sup>, Saturday:**

8:00am - 12:00pm and 2:00 - 5:00pm

**February 24<sup>th</sup>, Sunday: 9:00am to 12:00pm**

*A catered raw foods Sunday brunch will be provided for all workshop attendees immediately following class, with poetry reading by Judyth Hill.*



**Judyth Hill** has published six books of poetry and is the recipient of numerous grants, endowments and awards for writing and teaching. She is a contributing writer and columnist for Albuquerque Journal, Fire magazine and The Catalyst. She is described by the St. Helens Examiner as, "energy with skin" and by the Denver Post as a, "tigress with a pen." [www.rockmirth.com](http://www.rockmirth.com)

**Madhuri Martin** has trained in Yoga since 1986 with Richard Freeman, Shri K Pattabhi Jois and John Friend. For six years, as John Friend's top assistant, she was trained intimately and intensively. Now, one of Anusara's eminent teachers, she teaches workshops though out the United States and abroad.  
[www.muddyoga.com](http://www.muddyoga.com)

