

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: **Vital Yoga, Highland location**

**4342 Tennyson St,
Denver, Colorado 80212**

When: **December 7th – 9th, 2007**

Cost: **\$200.00**

Contact: events@vitalyoga.org **303-447-8545**

December 7th, Friday:

5:00 - 7:00

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

December 8th, Saturday:

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

December 9th, Sunday:

9:00am - 12:00pm

Workshop Attendees, families and friends are invited to share lunch and a poetry reading by Judyth Hill immediately following the workshop on Sunday.



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

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 throughout the United States and abroad.
www.muddyoga.com

