

## **Celebration of the Heart**

### **Anusara-Inspired Vinyasa and Yin Yoga**

**With Sara Avant Stover**

**April 7 and 8**

**At the Healthy And Fun Yoga Caf• Koh Samui**  
**[www.healthyandfun.net](http://www.healthyandfun.net)**

Take time out this weekend to give back to yourself. This workshop will combine lively, upbeat Anusara-Inspired vinyasa with cooling, quieting Yin Yoga—with metaphor, poetry and inspiring philosophy interwoven throughout.

Anusara Yoga, developed by John Friend, blends the art of the human spirit with the science of biomechanics. This cutting-edge system of hatha yoga elegantly integrates universal alignment principles with Tantric philosophy, urging us to celebrate the heart and accept life as it is. When you align with the universe, energy flows. You feel more joyous, more alive.

Yin Yoga emphasizes long held poses to enhance the meridian and organ systems, cultivate intuition, relieve fatigue and create clarity of mind. By coupling this approach with vinyasa yoga, one arrives in a new state of balance and expanded awareness.

At the end of our weekend together you will leave energized, educated and inspired to engage with your life more fully.

All levels of yoga experience are warmly welcome to any or all of these sessions.

#### **Saturday AM: 9:30 am- 12:00 pm**

##### **Flowing with Grace**

Enjoy a full-spectrum vinyasa practice to tap into the flow of your breath, move your body in dynamic shapes and cultivate the vibrancy that already lives inside of you. Surprise yourself with a new pose or two!

#### **Saturday PM: 2:30 pm- 5 pm**

##### **Opening the Lotus**

Through passive, sustained yin poses, we will explore a variety of hip-opening poses. By bringing awareness to the pelvis floor you can release constricting emotions, find more grounded-ness in your day-to-day being and relax your body into greater openness. We'll conclude our session with pranayama, meditation and a delicious deep relaxation.

### **Sunday AM: 9:30 am- 12:00 pm**

#### **Revealing Your Innate Goodness**

Enjoy a full-spectrum vinyasa practice with an emphasis on back-bending. By employing precise alignment principles, coupled with the natural flow of breath, backbends reach deep into the nervous system, energize us and reveal the beauty the heart.

### **Sunday PM: 2:30pm – 5pm**

#### **Entering the Cave of the Heart**

Balance the heat of the morning session with yin-style forward bends and twists to cool and quiet the body and mind. When practiced with intentional alignment and an intention to dive deep within, they leave you balanced, inspired, and connected to the truth that lives inside of your own heart. Only by going deep inside of ourselves can we live more fully in the world. We'll conclude our session with pranayama, meditation and a delicious deep relaxation.

**Sara Avant Stover**, an Anusara-Inspired teacher and RYT 500, is co-director of a 200-Hour Yoga Alliance Certified teacher training in Chiang Mai along with her partner, Jonas Westring. Her primary inspirations include leading teachers of the Anusara tradition, Richard Freeman (Ashtanga-Vinyasa), Sarah Powers (Yin/Yang Yoga), Sofia Diaz (Women's Yoga), Gary Kraftsow (Viniyoga), insight meditation and The Wise Earth School of Ayurveda. Sara synthesizes these approaches into a dynamic, fluid and soulful approach to practice. A freelance writer, Sara is a frequent contributor to Yoga Journal and Fit Yoga magazines. Visit Sara's web-site [www.fourmermaids.com](http://www.fourmermaids.com)

**Cost for the weekend workshop is 3700b and includes a complimentary beautiful vegetarian healthy lunch.**

**Otherwise individual sessions are 900b. Lunch is 250b.**