

Anusara-Inspired Yoga™
with Sara Avant Stover
at
Chiang Mai Yoga Sala

Take your practice to the next level these during these lively yoga sessions designed to educate, inspire and delight you. Receive new tools to help you safely and boldly step into a new level of empowerment!

Anusara Yoga® blends Tantric philosophy with the science of biomechanics. This cutting-edge system of hatha yoga elegantly integrates Universal Principles of Alignment™, a celebration of the heart and a radical acceptance of life as it is. When you align with the universe, energy flows. You feel more joyous, more alive.

All levels of yoga experience are warmly welcome! Each class is 300 Baht.

Thursday, December 27 5pm-7pm: **The Embodiment of “Yes!” (Potpourri)**

Saturday, December 29 5pm-7pm: **Growing a Lotus (Hip Openers)**

Wednesday, December 2 5pm-7pm: **Groove Is In the Heart (Backbends)**

Thursday, December 3 5pm-7pm: **The Only Way Out Is In (Forward Bends)**

Monday, January 7 5pm-7pm: **New Perspectives (Twists)**

Thursday, January 10 5pm-7pm: **Risking Freedom (Arm Balances & Inversions)**

An Anusara-Inspired yoga teacher™ and RYT 500, Sara Avant Stover has been living in Chiang Mai, Thailand since 1999 and teaches at venues in the United States, Asia and Europe. Her primary inspirations include leading teachers of the Anusara Yoga tradition, Richard Freeman (Ashtanga-Vinyasa) and Sofia Diaz (Women’s Yoga). Sara’s studies in Insight Meditation and Ayurveda also influence her teachings. Her classes are celebrations of presence, self-acceptance and kindness. A freelance writer, Sara is a frequent contributor to Yoga Journal and Fit Yoga magazines. Visit her website www.fourmermaids.com