



WEEKEND YOGA WORKSHOP

December 2nd, 3rd & 4th, 2011

GODDESSES WORKSHOP with certified Anusara Yoga Instructor, Sarah Faircloth

December 2nd-4th, 2011 at Neighborhood Yoga.

Sarah Faircloth, a certified Anusara Yoga teacher since 2003, has based her dedicated yoga practice in a goddess-oriented tradition for over a decade. She offers creative and effective sequences to open the body-heart-mind for yogins of all levels. She teaches yoga in Charlotte, NC and travels leading workshops and trainings. www.sarahfaircloth.com.

All Goddess Workshop Sessions include an introduction to the goddesses as empowering icons that we can learn from and embody in our own lives. Who are your heroines? Embodying various aspects of the feminine-encoded power, we will all leave with a taller stance and sense of urgency to take up what is most essential.

Fri 7:30pm-9:30pm Kali, our mother energy. Forging our way through the darkness of our own consciousness, the place of all beginnings, we create a wonderful class of deep forward bends, hip openers, pranayama, meditation, and mantra.

Sat 11am-1pm Saraswati, goddess of beginnings, arts, and structure. Moving into the light, we ride the wave of all possible poses in a wonderful potpourri class.

Sat 2pm-5pm Lakshmi, goddess of abundance. We will explore the Lakshmis as 16 aspects of Abundance and Beauty. Evoke more Lakshmi with chanting, mantra, forward bending, inversions for all levels, partnering poses, and refreshing restoratives.

Sun 10am-1pm Devi in her fullness, and other minor goddesses. Up tempo, hand balances, backbends, and inversions.



Registration Form

Name: _____

Address: _____

Email: _____

Check the appropriate box for your registration

- Early Bird Registration by 11/18/11 is \$125.00
- Entire Workshop \$150.00
- Three Hour Individual Session(s) \$45 each
- Two Hour Individual Session(s) \$30 each

For questions please contact serenabean96@hotmail.com

Please mail payment
and registration to:

Serena Crawford
186 Adams Lane
Boone, NC 28607