

yogaview



02.19.11

DEVOTION IN MOTION

AN ANUSARA BHAKTI CLASS

WITH SARA STROTHER AND SARAH STARNES

SATURDAY, FEBRUARY 19, 12:00-2:30 PM

Explore the depths of mantra, mudra, and asana to channel your inner pranabhakti and kalyana-mitra with Certified Anusara teachers Sara Strother and Sarah Starnes for an afternoon of devotion. These two teachers have been on a path of inner awakening together for 12+ years and would like to share with you the essentials of being a life force devotee to ignite a love for life. With harmonium in hand, mat under foot, together as kalyana-mitra (friends of the heart) we will coast to new depths of our practice in an invigorating class for mixed levels. Our time together will include a full spectrum class enhanced with elements of a bhakti practice.



Sara Strother is an Chicago based Certified Anusara Yoga® Teacher who has been loving yoga since 1999 and sharing it with others since 2004. Her classes are filled with poetic integration of yoga asana and philosophy to invite elaborate landscapes for exploration. One can expect an energetic class with lots of options to explore all physical ability levels. For more information please visit www.abalancedpractice.com.

Sarah Richelle Starnes began practicing Hatha Yoga when she was 12, and has been teaching yoga since 1999. She is a Certified Anusara Yoga® Teacher. Sarah has been leading Hatha Yoga Teacher Trainings in Illinois since 2004. For more information please visit www.sarahloveslife.com

cost: \$40

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