



IN FULL BLOOM

**Anusara Mixed Level
Class**
with Sara Strother

Join certified Anusara Yoga® teacher Sara Strother for an afternoon of opening up to your full potential!

In late spring there is a tangible zest to the air, vividness to the colors of nature, and resurgence to all of life. Come to enhance the blossoming of your own body and spirit in this 2.5 hour mixed levels class that will be sure to leave you in full bloom!

YAMA YOGA
Saturday, May 21st
1:30-4pm
\$30 pre-reg/\$35 drop-in

To register please contact:
info@yamayogastudio.com
414-224-1519

Sara Strother is a certified Anusara Yoga® teacher from Chicago, IL and has been teaching full-time since 2004. Her classes are filled with poetic integration of asana and philosophy to invite elaborate landscapes for exploration and considerable attention is given to alignment. To learn more about Sara please visit her website www.abalancedpractice.com.

Yama Yoga 231 E Buffalo St. Milwaukee, WI 414-224-1519 yamayogastudio.com