

Anusara Yoga and the Ananda Tandava

The Panchakrityas

Roll out your mat in this master class to deepen your understanding of the 5 Acts of Shiva and the Ananda Tandava.

Within the spectrum of a balanced class we'll explore the similarities between Hindu mythology, Tantric cosmology and yourself. Through the context of a great and elaborate story we'll develop our backbending skills and passion for the practice.

Join Sara to be enveloped in the lore, symbolism and mystery of the Nataraj to harmonize with your own ability to dance within all pulsations in life; each step a direction into your own blissful nature.

SOUTHTOWN YOGA
Saturday, April 23rd

12:30-3:30pm

\$30 before 4/9 or \$40 drop-in

Register at:

southtownyoga.com

314-353-1004



Sara Strother is a certified Anusara Yoga® teacher from Chicago, IL and has been teaching full-time since 2004. Continually she seeks education to better serve her students and nourish her practice. Sara's 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 visit: www.abalancedpractice.com.

Southtown Yoga 3719 S. Kingshighway St. Louis, MO 314-353-1004 southtownyoga.com