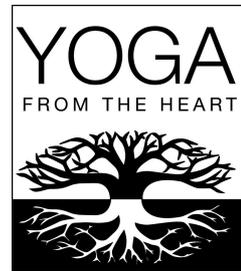


yoga as a transformational journey



with
Ann Moxey
visiting teacher from Mexico

Schedule:

Friday Oct 24, 6:30 - 8:30 pm

Saturday Oct 25, 9 - 12 and 2 - 5 pm

Sunday Oct 26, 9 - 12

Cost:

Whole workshop: \$150

2 hour session Friday \$30

3 hour session \$45

6 hours Saturday: \$80

In this three day Anusara Yoga workshop, Ann will guide us a little further down the path of deep transformation which yoga offers the true seeker. "PARINAAMA"=Transformation. PARI: embrace, integrate, contain (muscle energy). NAAMA:offer back, honour, make sacred (organic energy). By embracing the paradox of life with humor and confidence we will learn to honor where ever each of us is, celebrating the differences and making an offering of our asana and breath awareness using the Universal Principles of Alignment of Anusara Yoga. Meet Siva/Shakti at the edge, learn to courageously join the ecstatic dance in asana, delving deep in the forest of the emotions and the cave of the heart in meditation. This workshop will cover a spectrum of Level One and Two Anusara Yoga poses, offering a rare opportunity to delve deeper in Pranayama and Meditation with one of Anusara's most experienced teachers.



Venue:

Top Floor,
The Lotus Centre,
45 Victoria St, Hobart

Registration:

You are encouraged to enroll for the whole workshop as sessions will build on one another. If it does not work for you to attend the whole workshop, partial attendance is welcomed.

For information and to register
Contact Clare 6227 8941
Email:
clare@yogafromtheheart.com.au

In 2003, Ann Moxey became the first Anusara teacher to become a Certified Anusara Instructor in Latin America. That was in 2003, after following John Friend for 8 years. She took her first work shop with John Friend in Mexico where she has lived for the past twenty years, before John and Prof. Douglas Brooks founded Anusara Yoga. She says it was John's light heartedness and humor that made her decide it was with him she wanted to study. Ann is a Psychologist with a Specialization in Addictions, Bereavement Therapy and is the Director of the Anusara Parinaama Prison Project which is an entirely voluntary effort taking yoga behind bars which has been operating for almost six years now in the women's and men's prisons in Atlacholoaya, Morelos. She has the support of a team she has managed to put together of 13 teachers from different yoga traditions, some of whom travel over an hour and forty minutes each way in order to get to the prison. Ann has trained three generations of teachers, in Mexico City and Guadalajara and is hoping to offer the next set of Immersions and Level One Teacher Training in her recently inaugurated retreat center in the countryside outside the city of Cuernavaca where she now lives. Before yoga, Ann worked for 25 years in Radio and Television News as Producer, Foreign Correspondent and Bureau Chief. She has worked for all three major US networks, BBC Radio Latin American Service, Visnews (now Reuters TV), BBC Television and ITN of London

**This is what John Friend has to say about Ann:
"Ann Moxey is a star in the Anusara constellation in Mexico. The light of her skill and experience shine clearly in her style of teaching. Ann in a blessing for our Mexican Anusara community".**