



**ANUSARA THERAPY TRAINING WITH
ROSS RAYBURN
16. – 21.07.2012
IN PODERSDORF AM NEUSIEDLERSEE**



- Hands-On in Asanas
- How to achieve the best results in one-to-one classes
- Handling of occurring injuries during Yoga practice
- Dealing with chronic structural and muscular injuries and conditions
- Spiritual aspects of Yoga therapy

Conditions:

Participants should have taken part in one Anusara Yoga Immersion or must have at least one year experience in Anusara Yoga (regular participation in Anusara based Yoga classes) or should have been fully trained in body therapy to ensure a biomechanical knowledge.

Course language: English with German translations if needed.



Preis € 690,-
(Early bird rate: payment until 30th of March 2012 € 590,-)

Bring your kids: your Kids (4 to 10 years) are doing yoga next door with an experienced YogaTeacher for Children
€ 120,- for the 1st, € 60,- for each additional Child



Time & Place Seestraße 67, 7141 Podersdorf am See
16.07.: 6pm - 7.30pm
17.-20.07.: 9am-12pm and 2pm-4.13pm
21.07.: 9am-12pm

Contact Tel. 0676 7084 730 or E-Mail: office@yogazentrum.md
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