

Recharge Your Yoga Practice!

Weekend Workshop



with Krista Shirley

Saturday and Sunday, April 28-29, 2012
at Yoga Life Studio

Saturday:

10:00 a.m. - noon: *mysore*

1:30 p.m. - 4:30 p.m: **Deconstruction before Reconstruction:**

Intended for students with a daily practice. In this workshop we will learn how to deal with the discomfort we face in our yoga asana practice. Muscles and bones and nerves, emotional scares and fears and hurts... They all come to the surface with daily asana practice. Join Krista in a discussion about deconstruction before reconstruction.

Sunday:

10:00 a.m. - noon: *mysore*

1:30 p.m. - 4:30 p.m: **Leave Your Expectations at the Door:**

Let go of what you think you know and allow yourself put faith and trust in your teacher and your daily yoga practice. Guruji always told us to practice, practice, practice and all will come. Let's explore this concept, this truth! If we can find safety on our yoga mat, with our yoga teacher, and ourselves, the benefits can spill into all areas of our lives. Suitable for all levels.

Registration:

Mysore sessions are \$40 each, lecture sessions are \$45 each. The entire weekend is \$165. Register before March 26, 2012 and pay the Early Bird Discount of \$150! (Discount only applies if you purchase the entire weekend.)

Visit us online at www.yogalifejax.com or call 904.564.1660 to get more information or to sign up.



Krista has been teaching Ashtanga Vinyasa Yoga since 2004. Krista spent a week studying with Manju Jois in 2004 but primarily kept her daily practice up on her own for several years before embarking on her first trip to Mysore in 2006 to study with Shri K. Pattabhi Jois (Guruji), Sharath Rangaswamy, and Saraswati Rangaswamy at the Krishna Pattabhi Jois Ashtanga Yoga Institute. She travels back to Mysore every year to spend several months under the guidance of her teachers. In February of 2009 Krista was given authorization to teach Ashtanga Vinyasa Yoga by the Krishna Pattabhi Jois Ashtanga Yoga Institute.

Learn more about Krista at her studio's website: www.theyogashala.org

YOGA LIFE
STUDIO DEERWOOD

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