

# Step into Autumn with Intention

an Anusara Yoga® workshop with Neesha Zollinger

16-18 oktober 2009  
Investment: 1350 SEK

Dedicate yourself to a weekend to enhancing every pose and every breath. Anusara yoga® is an invitation to step into the rhythms of nature. In this workshop, we will observe seasonal changes and learn how to attune yourself to them in order to realize your highest potential. We embrace all parts of ourselves to flow with nature. This practice gives you a greater ability to perform every action with grace.

Autumn is a time for reconciliation, remembrance, nourishment and turning inward. Our practice will focus on shifting to the darker season gracefully and in optimal alignment. With every cycle of the seasons, we can intentionally direct the growth in ways meaningful to ourselves.

All levels are welcome in this workshop

Friday 18.00-20.00: Quietening the mind,  
ground the body in hip openers

Saturday 10.00-13.00: Intention in action:  
standing poses

Saturday 15.00-17.00: Life upside down: inversions

Sunday 10.00-13.00: Deliberate action in a mosaic of  
backbends



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*Neesha: Certified Anusara Yoga Teacher and owner of Akasha yoga (in Jackson Hole, Wyoming, USA) brings 16 years of combined yoga and dance experience to her classes and workshops. She teaches a life affirming philosophy and transmits her vast knowledge of the body with much grace and joy. Neesha has studied with Anusara founder John Friend for the last 8 years.*

*Check out her teaching style at [www.yogatoday.com](http://www.yogatoday.com)*