



Anusara Yoga Workshop and Teacher's Intensive with Bo Srey February 11-13th, 2011

Friday, 11 February 2011, 2pm-5pm

Level 2 Teachers' Workshop: Themes, Adjustments and Assists: *Vijnana Bhairava* is an essential scripture of Shaivism. In this teacher's session, we explore the deeper essence of creating themes by drawing on Bhairava's teachings to his beloved. We learn to incorporate themes more authentically in our classes. We bring the teachings down-to-earth in a fun teachers' practice including adjustments and assists.

Friday, 11 February 2011, 6.30pm-8pm

Mixed-Level Special Class: What is the Heart in Anusara Yoga? Come experience how the Universal Principles of Alignment are expressly set up to uncover the Heart.

12 - 13 February 2011, Mixed Level Weekend Workshop

Enter The Heart First, Then Revel... The Heart, *Hrit* in Sanskrit, is the essence of who we are.

12 February 2011, Saturday, 10am-12.30pm

Standing on Solid Ground, Recognize!

First Principle is Set the Foundation, Open to Grace. Find out how this relationship really works. **Asana Focus: Standing Poses and Backbends**

12 February 2011, Saturday, 2.30pm-5pm

The Sacred is Sitting in the Back Body

The back body represents the Cave of the Heart. In the Anusara tradition, we pause for a moment and remember to stay in the back body. **Asana Focus: Hip Openers and Forward Bends**



13 February 2011, Sunday, 10am-12.30pm

Live Dangerously (read: Fearlessly) and Wake Up!

Awakening can reveal itself at times of great intensity, like on a battlefield, according to one dharana from the *Vijnana Bhairava*. In this practice, we play the edge of our abilities. **Asana Focus: Arm Balances and Backbends**

13 February 2011, Sunday, 2.30pm-5pm

In the End, Love. As we round out our weekend of the Heart, may our practice reveal the secret sensation of the Heart: Love. **Asana Focus: Hip Openers and Twists, Longer Meditation**

About Bo Srey Bo Srey is a Certified Anusara™ yoga teacher based in Asia. Originally from New York, he has walked the path of yoga since 1996. Bo brings a joyful and caring spirit to his classes. Bo's deepest wish is that students connect with and expand the place of the middle, the place of pure awareness, the Heart. Bo's classes reflect the eternal dance of opposite forces: shiva-shakti, yin-yang, concealment-revelation. www.spandananda.com

COSTS: Mixed Level Special Class: \$20

2.5 hr sessions: \$55/3 hr teacher's intensive: \$65

2 Day Weekend workshop: \$200

3 day Workshop: \$285/\$250 by Feb. 1st, 2011

For bookings please contact Margaret : margaretferla@hotmail.com, 0419564986
Venue: Breathing Space, Praharan
www.breathingspace.com.au