

# *The Art of the Asana™*

*Explore* your poses - align energy, body, and breath.

*Explore* Ashtanga, Kundalini, and Viniyoga styles.

*Emerge* with new awareness of your practice.



**Your Location | Your Date | 8:30 AM – 5 PM**

Course Fee: \$99 | Early bird \$85

AAFA CEUS: 4.0 | Yoga Alliance Contact Hours: 8.0

Register at [www.yogasteps.com](http://www.yogasteps.com) or call 1-800-269-0802

**YOGASTEPS™**

By Instructors Greg Turner and Allison Clyburn