



Roots New Year's CHALLENGE

3 Week Series • 5 Days a Week
Monday, January 14
through Friday, February 1
7:15am-8:30am



with Isvari

Isvari, E-RYT500 with Yoga Alliance, Yoga Therapist; M.S. in Nutrition Education. Isvari has been an active participant and teacher for over 10 years and continues to teach and mentor many of the teachers in the Atlanta community. Isvari is well trained in Anusara Yoga and Therapeutics. Her love for yoga comes through unwaveringly in her classes that integrate dynamic alignment principles and skillful sequencing in a thematic heart opening class which inevitably allows the student to playfully and gracefully unlock a greater potential within themselves.

To learn more about Isvari go to:
www.IsvariYoga.com.

Investment: \$150

Students with auto renew only \$50

This is a series, no drop-ins (classes build on each other)

This series is designed for everyone, even if you are new to yoga or have injuries. This series creates a significant shift in the students practice and energy by the end of 3 weeks. The room will be warm, not hot as we will build internal heat by going deep. Learn to incorporate therapeutic principles of alignment to open the body in a balanced way, help alleviate imbalances in the nervous system and realign the healthy curves of the low back and neck to get one's energy moving in optimal flow and healthy pulsation. We'll specifically work on opening up the hips and shoulders in each pose to create an overall improvement of postural alignment on and off the mat.

To detox from the Holiday splurges, there will be an additional optional practice of a gluten free diet for the duration of the series to ensure remarkable results in your physical body as well as your energy level. We will practice as a community to support each other in discipline of body and mind as we move forward together into 2013.



decaturnyoga
& pilates

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