

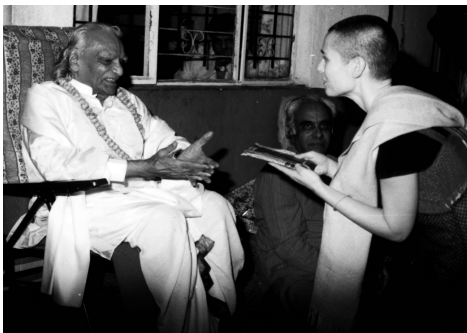
Yoga Dharma

with Anat Zahor

April 21st & April 22nd 1 – 5 pm

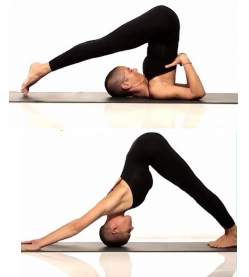


Anat Zahor comes to us from Tel Aviv, Israel, to offer us her gracious understanding of what she calls “Yoga Dharma.” Anat teaches Iyengar yoga through the eyes of the Buddha Dharma and the Taoist approach: alignment of body and mind, understanding the connections between mind and matter, and inquiry into patterns of breath and their affect on mind. Creating mindfulness in the postures and their actions, and mindfulness of mind and mind objects. *“Yoga and Dharma are the two wings of the bird who wishes to fly.”* Anat encourages the growth of intuitive understanding and insight through vigorous practice and creative sequences.



In 1999 Anat was accredited as a certified Iyengar Yoga teacher from the RIYMI center in Pune, India. She has participated in yoga workshops with various senior teachers, including B. K. S. Iyengar himself and has studied with the Iyengar family at the RIYMI center in Pune.

In July 2011 Anat was ordained as a Bhikkhuni (fully ordained female Buddhist monastic) in a traditional ceremony, for the occasion of Ven. Ajaan Tong Sirimangalo's first visit to Israel. In addition to practicing Buddhism according to the Theravada tradition, Anat studies and practices Mahayana and Zen Buddhism traditions.



Yoga Dharma : Two Wings

Saturday, April 21st & Sunday, April 22nd 1 – 5 pm

Cost: early registration by April 1st: **\$150 for entire workshop, or \$80 each day;** After April 1st, **\$160 for entire workshop, or \$85 each day.**

Priority will be given to full workshop registration until April 1st. Cancellation policy: No refunds. Until April, 15th credit towards other workshops will be applied if space can be filled.

Please submit payment and contact information with this form or download one at www.yogacentersantacruz.com Make checks payable to *Yoga Center Santa Cruz.*

Name: _____

Phone: _____

Email: _____

Yoga Center

SANTA CRUZ



TRADITIONAL IYENGAR YOGA INSTRUCTION

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