

# Special Anusara Yoga® Workshop for ALL Students and Teachers



**Scotta Brady, Certified Anusara Yoga® Teacher**

**Feb. 22 & 23, 2008**

**Point Clear Yoga Center, Fairhope, AL**

**251-928-3816 for Registration**

**Scotta Brady** is an Experienced Registered Yoga Teacher with the Yoga Alliance at the 500 hour level and a **Certified Anusara Yoga** teacher with a B.A. in Philosophy from Auburn University. Scotta began her yoga practice in 1996 in Alabama and continued her studies in New Zealand, Australia, London, and Mississippi. Upon meeting her teacher *John Friend* in 1999, Scotta dedicated herself to studying yoga full-time and has been inspired to pass along what she learned from her teachers: a greater awareness of the body, a more intuitive mind, and a true joy for life.

**Friday 5:30-7:30 pm**—focus on Inversions & Hip Openers all levels.

**Saturday 10 am-12:30 pm**— focus on Shoulder Openers and Backbends.

**Saturday 2-4:30 pm**— focus Deep Hip Openers, Twists, Folds, & Yoga Nidra.



Scotta is the owner and director of Butterfly Yoga, an Anusara-based yoga studio in Jackson, MS.

**\$30 Friday 5:30 -7:30 pm**

**\$40 Saturday 10am – 12:30 pm**

**\$40 Saturday 2- 4:30 pm**

**\$100 All three Sessions**