

# ALIGNMENT *in* ANUSARA YOGA

Study and  
practice Anusara's  
Universal  
Principles of  
Alignment  
through the  
practice of Yoga!

with Stacy Hemingway



Understanding our alignment is key in supporting our bodies to open and expand. The *Universal Principles of Alignment* guide us into our optimal blueprint and essentially create a deeper experience in the Asana and in life.

The Universal Principles of Alignment are accessible to any and all. Thus the name speaks for itself. In the study of Anusara Yoga we use these tools to support our alignment in the Asana practice. Focusing specifically on how these tools support the healing of the body from injury, ultimately opening to a deeper experience of the heart.

Please join Stacy Hemingway, Anusara Inspired Yoga Teacher as she expands your understanding of the lines of the body and how you can most optimally thrive through this practice of Yoga.

*Proceeds earned by Stacy will be donated to the Susan G. Komen foundation in support of their annual walk for Breast Cancer September 16, 17, 18, 2011. Stacey will be honoring her mother and Grandmother who are both breast cancer survivors, and her dear friend who is presently experiencing her own fight of this heartless disease. And all other women who stand up and fight for their lives.*

**Saturday**  
**Sept. 10, 2011**  
**1 - 4 pm**

**\$45** (members, before Sept. 5)  
**\$55** (non-members, and day-of  
registration)

**FOR MORE INFO OR TO SIGN UP**  
**(206)842-5720**