

Rivers of Life:

An Anatomical Journey

with *Sean Tebor*

Join us for a profound anatomical journey into the depths of the intelligent fabric that is the human body. Yogāsana has evolved over time from intuition to support our alignment with gravity and with Source.

In our weekend intensive we will look at the pathways in the body through which the breath of life courses, and how this primal movement beckons to us to bring into balance our structural and energetic relationships.

Through observing western and eastern perspectives we may glimpse the profundity of the original creative space in which āsana was born, providing a deeper understanding of our personal practice on and off the yoga mat.

Birmingham Yoga

Birmingham, Alabama

205.587.4500

www.birminghamyoga.com

May 1st-3rd, 2009

Friday 6-9PM

Saturday 10AM-1PM & 3-6PM

Sunday 10AM-1PM

\$150 full weekend

\$135 if paid before April 15th

Individual sessions \$45 each

www.yogananta.com

