

# *Embodying Grace & Gusto*

*A weekend of Anusara-Inspired Yoga  
with Wendy Lippmann*



*Friday, May 27 – Sunday, May 29  
The Yoga Garden at the Powell River  
Academy of Music, Powell River, BC*

Classes are open to all levels and will include a full spectrum of basic and intermediate poses. Wendy will entwine ancient stories from India's epic myths with Anusara Yoga's modern, elegant and therapeutic Alignment Principles to inspire our asana practice.

## **Schedule**

Friday	6:00 – 8:00 p.m.
Saturday	9:30 a.m.–12:30 p.m. 2:30 – 4:30 p.m.
Sunday	9:30 a.m.–12:30 p.m. 2 - 4 p.m.

## **Fees**

Whole Weekend (12 hours) \$150  
Partial Workshop: Friday evening, Saturday  
& Sunday mornings (8 hours) \$110

Wendy Lippmann has been teaching Yoga in Seattle since 1993 and opened OmTown Yoga in 2003. She is an Anusara-Inspired Yoga® teacher, a registered Yoga Therapist, and has 12 years of experience as a massage therapist. Enraptured by Anusara Yoga's light-hearted, life-affirming spirit, Wendy teaches with clarity, precision and humor.



**The Yoga Garden at the Powell River Academy of Music**  
Contact Jan Padgett

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