



Ashtanga Yoga Workshop

with

Annie Pace

April 30 – May 2, 2010

The Center at Westwoods

590 Gay Street

Westwood, Massachusetts, 02090

Annie is one of the most adept practitioners and qualified instructors of the Ashtanga method in the world. Her ability to distill her decades of yogic studies and experience benefits all levels of practitioners in a light and accessible way. Please join us in April!

Pricing:

Advance Registration Price \$225 until April 1, 2010

Regular Registration Price \$250 after April 1, 2010

For More Information:

www.aflowyoga.com/blog

www.shaktisharanam.com

Email: nathan@aflowyoga.com

Phone: (617) 335-9317



Please join with us at a beautiful retreat center 20 miles west of Boston to welcome Annie Pace – a teacher with over 29 years of study with Sri K. Pattabhi Jois, the father of Ashtanga yoga.

Friday	6:00 – 8:30 p.m.
Saturday	8:00 – 11:00 a.m.
Saturday	4:00 – 7:00 p.m.
Sunday	9:00 a.m. – 12:00 p.m.

Space is Limited, Please Register Early:

(Make Checks payable to & send to)

Awareness Flows Yoga
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