

# Anusara Yoga of the Shoulders, Head and Neck Six-week series with Joe Taft

Thursdays 5:45 - 7:15 pm ★ Begins February 23, 2012

**Anusara yoga is a physically challenging practice and infinitely inspiring. Join this class and see why!**



This series is especially designed for the beginner or those not familiar with this style of yoga. We will start with a brief background of Hatha Yoga, begin learning the five Universal Principles of Anusara Yoga and work to understand how the practice of asanas (postures) can enhance your life and inform you to be happier and healthier. There will be plenty of time for Q&A during and after every class.

Joe Taft's deep passion for yoga, love of people and sense of humor are the perfect ingredients for a fantastic yoga class.

## UPPER BODY FREEDOM!

Joe is a certified Anusara Teacher and has completely devoted himself to this study since 2001.

Over the last seven years Joe's dedicated yoga practice has healed his severe back and hip pain. Joe's classes offer challenge, fun and reward and incorporate a therapeutic component.

**Cost: \$75 for the six-week series**

Note: In order for students to receive maximum benefit from this series, Joe expects them to attend all six classes. There will be no make-up classes.



211 South Liberty Street  
Asheville, NC 28801

To Register:

Contact Joe Taft

828 - 275 - 8273

joetaft2@yahoo.com