



Presents

An Anusara-Inspired™ Yoga Workshop with Tahnee Fournier, RYT



Tahnee Fournier, RYT is an Anusara-Inspired™ teacher and has been studying yoga since 1999. She is known for her uplifting and inspiring attitude with her classes being challenging, playful and insightful.

Tahnee is a highly sought after yoga teacher with her generous teachings, warmth and enthusiasm; she leads classes and workshops throughout Ireland.

www.tahneesyogospace.com

Join us for this **special workshop** at **AlphaZone**. Experience Anusara yoga in a way that opens your heart, expands your mind and aligns your body. **This workshop will introduce the Universal Principles of Alignment from Anusara yoga and how they have the power to transform your practice both on and off the mat!**

- **Friday 6:00-8:30pm: 'Flame of Light'** This evening practice is full of gentle flow to awaken the light in our hearts.
- **Saturday 10:00-1:00pm: 'Brilliance of the Heart'** This morning practice is dynamic and playful, with standing poses and back-bends to light up from within.
- **Saturday 2:30-5:00pm: 'Honor the Inner Radiance'** Afternoon practice is a delightful mix of hip-openers, twists and forward folds.

Anusara® means “flowing with Grace” or “following the heart”. Founded by John Friend in 1997, Anusara® yoga combines a non-dual Tantric philosophy with Universal Principles of Alignment to create a strong, transformative practice. Currently, Anusara Yoga is one of the most popular and fastest growing yoga styles in the world with over 1200 affiliated teachers and 100,000 students worldwide.

www.anusara.com

For Bookings;

AlphaZone Mind / Body Solutions

Unit 1A, First Floor,

Cleaboy Business Park, Cleaboy rd, Waterford.

051-590993, 086-8335425/ www.alphazone.ie

