

OCTOBER  
**2 - 4**  
2015

# YOGA in ANCHORAGE, ALASKA

with Lynne Minton



**TO REGISTER**  
lynneminton@gmail.com  
or call/text 928-710-3825.



## Delving into Our "Super" Natural Gifts

Book III of Patanjali's Yoga sutras can be intimidating and vexing to our logical linear way of thinking. There are layers of meaning and even practical ways to look at the seemingly miraculous powers that Patanjali says are bestowed on the adept practitioner of yoga.

Although the outcomes may be super, the process is natural; *Tapas* the spark of

interest and enthusiasm, *Svadyaya*, the deep and childlike curiosity to learn about our true nature and *Isvara Pranidhana*, the realization that there is no end to the profound and awe inspiring nature of our own Being.

These three are called *Kriya Yoga* by Patanjali and will be a basis for our practice and discussions in this workshop .

All classes will include Yoga Philosophy, pranayama and meditation. The asana themes will be as follows:

**Friday: 6-8 PM Hip openers and forward bends**  
**Saturday: 12:30 - 4:30 Balance, core and inversions**  
**Sunday: 10 AM to 2 PM Shoulder openers, backbends and restorative**

**Location:** Alaska Dance Theatre (ADT), 550 E 33rd Ave, Anchorage, AK 99503  
(2 blocks behind Moose's Tooth.)

**Cost:** \$195.00 for full workshop, partial will only be allowed if there is space remaining.  
Payment by check only. Please make check to Lynne and mail to PO Box 11778,  
Prescott AZ 86304 to reserve your space.