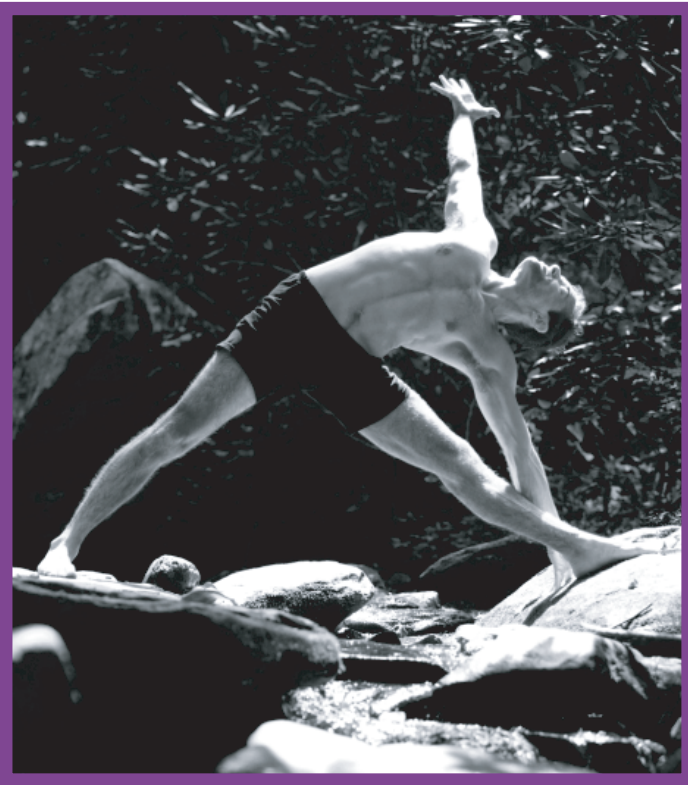


# Introduction to Anusara Yoga Five-week series with Joe Taft

Mondays 5:45 - 7:15 pm ★ January 10 - February 7

**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.

## **Come and discover the possibilities!**

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

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.

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

**Cost: \$60 for the five-week series**

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



261 Asheland Ave Asheville 28801

Entrance to the Training Center is on the West side of the Town and Mountain Realty Building. Walk up ramp to steel door and enter studio.

To Register email [joetaft2@yahoo.com](mailto:joetaft2@yahoo.com)  
or call 828.275.8273.