

YOGA WORKSHOP

2 Day Anusara Workshop with Anna Kolacny
Mountain Yoga Retreat, Beijing, China

2009 APRIL 11-12

Open to all fitness levels, this 2 day workshop is designed to relax the mind, invigorate the body, and restore peace to the soul. Daily activities includes Sunrise and Sunset Yoga and Meditation , optional hikes to nearby temples in the surrounding western Beijing mountains, Chinese calligraphy. Freshly prepared delicious vegetarian meals and peace of mind will be served daily. Guests will have ample time to enjoy the the cool mountain air, have a massage, or simply relax. You choose how to spend your time. The regular weekend program includes Saturday night Kirtan .

Price Includes :

4 Yoga Classes, 4 Meals , Saturday and Sunday Activities and one overnight stay

Tent Accomodation	300¥
Dormitory w/ shared bathr (2-4 beds)	400¥
Twin Room w/private bathrm (2 beds)	500¥

SPECIAL! Short on time or money?

Come for the day - ONLY 150 ¥ !!

(includes 2 yoga classes and 2 meals)

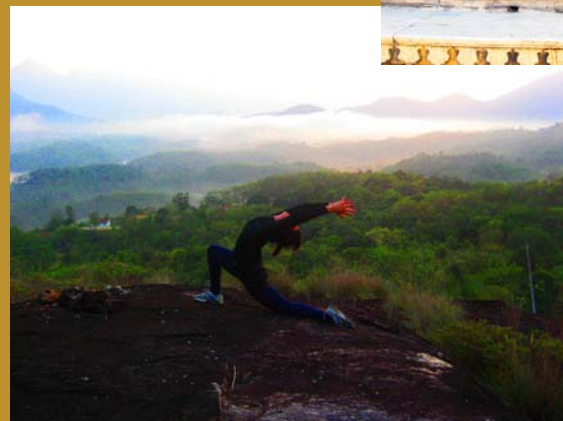
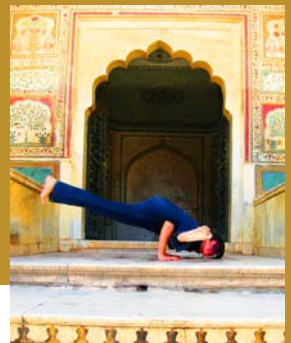
Space is very limited, so sign-up early!

For more info or to make a reservation:

Tel +86 10 62596702

Mobile: +86 13901021322

mountainyogabeijing@gmail.com



Mountain yoga retreat centre rests in a small village in the Fragrant Hills of Beijing, where people share, aware and uplift...

www.mountain-yoga.org



In 2001, Anna began practicing yoga to recover from a minor injury. Over the years, she has studied many yogic disciplines and has trained around the U.S. and in India with Anusara funder, John Friend, BNS Iyengar and Backbending Guru Acharya Venkatesh in Mysore. Anna energetically combines her extensive background in health, nutrition and yoga philosophy to create an environment that allows students to discover and nurture the self while deepening and refining their physical yoga practice. Anna teaches classes in the Hatha style of Anusara Yoga, the fastest growing style of yoga around the world. . For more info go to www.myspace.com/annadoesyoga or www.anusara.com