

Yoga Fundamentals

with Hillary Rubin

Embrace Your Body for Self-Empowerment and Transformation with Anusara Yoga®

You are invited to step into the current of grace and uncover how your body is a gift to be celebrated. This 5 week course will focus on the Anusara® Universal Principles of Alignment. You will dive in and explore the basics of this style of yoga and how it applies to your body, mind and heart. Anusara Yoga® is designed for you to tap into the divine within yourself using the body as an instrument to better align with your infinite potential.

Yoga Fundamentals is designed for students of all levels who wish to learn the basics of Anusara Yoga®. Each session will offer plenty of information through practice and discussion for you to “sink your teeth into” and instantly apply to your classroom or home practice.

Some of the topics to be covered in *Yoga Fundamentals* include:

- Anusara® Universal Principles of Alignment
- Anusara® Loops
- Level I & II Yoga Syllabus as presented in the Anusara® Manual
- Ujjayi Breathing and the co-participation with breath in asana
- The basics of Tantric philosophy

Please bring your yoga mat, a notebook, the required books and an open heart.

AGAPE INTERNATIONAL SPIRITUAL CENTER
5700 Buckingham Parkway, Culver City CA 90230
(310) 348 1250

Mondays: 11/5, 11/12, 11/19, 11/26, 12/3
7pm - 10pm
Location: Room 1

Required Books: *Anusara Yoga® Teacher Training Manual*, John Friend
Light on Yoga, B. K. S. Iyengar
Course Fee: \$175



Hillary Rubin is a Certified Anusara Yoga® teacher who has taught both nationally and internationally, focussing on the therapeutic benefits of yoga. In 1995, Hillary was diagnosed with Multiple Sclerosis that led her to study yoga and meditation as a form of personal empowerment. In 2002, she moved to LA to study Anusara Yoga® at City Yoga. Her dedication to heal and listen to herself (ultimately seeing the self as the teacher) is a great example of how the teachings of yoga, coupled with a healthy lifestyle, works towards total well-being. Today, she is symptom-free.

In Hillary's classes you will experience her skillful, hands-on approach to understanding life's challenges with Tantric philosophy and the playful weaving of these ideas to empower you on and off the mat. Just a dose of her quirky humor and compassion, blended with many years of yogic study, will leave you uplifted and possibly curious to delve deeper into your own practice.

“One dose of Hillary is worth four trips to the chiropractor. She is a dedicated yogi with an amazing ability to usher our bodies into alignment. A young, powerful and knowledgeable servant of Anusara Yoga®.”

- Rev. Michael and Rickie Byars Beckwith

