

Anusara Yoga® Therapeutics

With Certified Anusara Instructor, Elissa Gumushel

Bring your aches and pains, or learn how to prevent them!



This is your chance to ask specific questions about your practice, learn simple ways to identify misalignments, relieve pain, and increase range of motion in all areas.

This workshop is designed to help students gain a deeper understanding of how common misalignments in the physical body can create pain and injury. More importantly, it will give students the tools to begin healing themselves immediately.

By aligning the body with nature's design, we can begin to experience more comfort and freedom on all levels: physical, emotional and spiritual. In this workshop, we will work with Anusara Yoga's Universal Principles of Alignment™ to address specific issues such as pain in the joints, back, shoulders, and neck.

Where: Shanti Yoga Studio, 466 Josephine St, Nelson

When: Saturday, September 18th, and Sunday, September 19th

Time: 2 - 5pm

Cost: \$60 each or \$100 for both

Registration: Register at Shanti Yoga or online at shantiyoga.ca

About The Instructor:

Elissa began her study of yoga in California in 2001 and was immediately drawn to the heart, intelligence, and fun of Anusara Yoga. In fact, she spent most of her 3 years there studying and practicing this dynamic style full time. She met Anusara founder John Friend in 2002, and soon found herself teaching classes all over Los Angeles. In 2003, she returned to Vancouver and was the first to introduce Anusara Yoga to Western Canada. She spent another 5 years in Vancouver teaching public, private, and corporate classes, as well as immersion programs and workshops guided and inspired by this dynamic and intelligent style. Currently, she is one of only 12 Certified Anusara Instructors in Canada, and is recognized by Yoga Alliance as an E-RYT 500. In 2008, Elissa moved to the Kootenays, and is delighted to be living in the abundance of nature, creativity, and community in Nelson, BC.