



The Triadic Adventure: Ride the Wave!

A Yoga Workshop with Ross Rayburn



MARCH 20 – 21

In Anusara Yoga®, one of the most fundamental methods is to align with grand, universal forces as the foundation for our lives. We all seek truth, wisdom and freedom; and we do so with greater ease when our efforts are in tune with these essential forces. As a yogic strategy, we cultivate an awareness of how these energies flow and play out in our lives so that we're able to navigate the undulations of life with greater aplomb.

One such fundamental energy construction is the paradigm of three. Triads are essentially omnipresent. Whether it's the triad of the great religious traditions, the audible sounds of the sacred Om or simply the elements of each breath; the wave-like creation, refinement and dissolving is with us in every moment of every day. Recognizing them and their wave-like properties can be truly and magically transformative.

This weekend we'll apply myriad triadic frameworks through meditation, asana and, of course, what we do off the mat. It's going to be an adventure, a Triadic Adventure – ride the wave!

CLASS OFFERINGS

Saturday March 20, 9:30-noon STANDING POSES AND BACKBENDS

Saturday March 20, 2:00-4:30pm FORWARD BENDS AND TWISTS

Sunday March 21, 9:30-noon A POTPOURRI OF POSES CLASS



Ross Rayburn is a Certified Anusara Yoga® Teacher based in New York. Formerly the owner of Yogainsideout in Los Angeles, Ross now travels internationally teaching some of the most fun and inspiring yoga classes around. Ross started teaching in 1999 and was certified by John Friend in 2003. His classes are known for their clarity in the principles of Anusara woven into a challenging class that seeks to connect all levels of students to their highest potential.

Cost by March 12

\$115 for all three classes

\$80 for any two classes

\$45 for any single class

Cost after March 12

\$120 for all three classes

\$85 for any two classes

\$50 for any single class

REGISTER online at
www.bhavayogastudio.com

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