

September 19-20
\$40 - \$45 per session *
\$125 Full Weekend*
*Early Bird by Sept 10
(\$45-\$50/ \$140 after Sept 10)



Fall Into Your Heart

An Anusara Yoga Weekend to take you the next level!

with Certified Anusara instructor

BJ Galván



Celebrate Harvest Home and our bountiful blessings of Grace by aligning our body, mind and heart in the highest of ways.

Friday Eve- Sept 19 • 6 - 8:30 Forward Bends, Hip Openers, Twists
Saturday - Sept 20 • 10 am - 1 pm Handstands & Balances, Backbends
3 - 6 Potpourri & Inversions

All classes appropriate for all levels!

B.J., a Certified Anusara Yoga® Instructor, has been blessed with the opportunity to travel the U.S., Australia, and Europe, studying with, apprenticing, and assisting master yoga teacher and founder of Anusara Yoga, John Friend. She currently teaches workshops and trainings nationally and internationally. Contagiously uplifting and passionate about the practice, B.J. will guide and assist you to transform, heal and awaken a full expression of divine beauty and Goodness from the inside out, on and off the mat.
www.bjgalvan.com

CONTACT - ANN RUTZ
ZION CANYON YOGA • CANYON COMMUNITY CENTER
126 LION BLVD • SPRINGDALE, UT • 84767 • TEL. 435.772.0419 • annrutz@gmail.com