

ANUSARA WORKSHOPS

Led by Amber Huttner

Take a deeper dive into your practice! Buckle up with other wild-haired, smiling yogis and enjoy the pleasure of celebrating universal truths, Tantric philosophy and alignment principles sure to set your practice and your heart on fire. It's all good!

Amber



All workshop times are 1:30pm – 4:30 except as noted

Cost for each workshop is \$45.00 except as noted

The Art of Balance

Saturday, March 13

The Spring Equinox is almost here. Find balance in your poses and of course do some balancing poses!

Backbends and Forward Folds

Saturday, April 10

Spring is a great time to reenergize your practice with heart opening backbends and cooling forward folds. Learn about the Principles of Backbends and Forward Bends.

There's No Place Like OM...OM is where the Heart IS

Saturday, May 22

The primordial sound of OM calls to us in the form of our breath, our heartbeat and our every thought. Step into the vibration and let your heart dance.

Surfside Retreat

June 3-6

It's time for a luxury yoga retreat on the North Shore. Enjoy Lake Superior and superior accommodations with daily yoga, hiking and fun with your yoga friends. (COST TO BE DETERMINED)

Summer Solstice: 108 Sun Salutations

Tuesday, June 22 6:00--9:00 pm

Nothing compares to a rousing round of 108 special celebratory Salutations to the burning orb in the sky. And it'll still be light out when we are done!

Full Moon Salutations

Saturday, June 26

Learn several different Moon Salutations and enjoy connecting with your lunar side...

Principles of Twists

Saturday, July 10

Many people miss the full benefits of twisting because they've never learned 7 principles that govern fabulous twisting. Step in and learn to do the twist!

Workshop Instructor: Amber Huttner is a highly trained and well-known teacher, certified in Anusara yoga in 2001. She brings a wealth of technical expertise along with humor, compassion and heart-felt instruction to her teaching. Her students benefit from her enormous enthusiasm for life and dedication to helping them laugh, learn, grow and appreciate their lives on every level.

Good Life Yoga
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