

# ANUSARA TIGER PRACTICE

## Get your Giddy-Up on in 2011

*Set in motion the best way to build strength and vitality for 2011: The Good Life Yoga Tiger Practice. Join us for a practice that is designed to develop strength, discipline, flexibility, courage and stamina - all in the company of like-minded yogis who love to have fun. John Friend's Eye of the Tiger Practice is exactly this kind of practice, but it can be both daunting and time consuming.*

*But what if you knew an experienced Tiger who travels regularly into this jungle of poses and possibilities? What if you knew someone who could break it all down and make it accessible? You do.*

*Enter with me into this amazing practice. We will modify John's original format and create a challenging, energizing, empowering practice that will let you explore the boundaries of your yoga. It's all good!*

*Amber*



### Tiger Practice Overview:

Our version of the Tiger Practice is modified from John Friend's original Eye of the Tiger practice. Our version will begin as a 2.5 hour practice and over the weeks will jump to 3 hours.

You may expect a full spectrum class with a potpourri of poses from the original Eye of the Tiger Practice, eventually working our way through every pose from the original practice. Having fun and sweating is a total guarantee. Amber will be leading the practice and sweating along side of you, offering encouragement, tips, and a good deal of humor.

If you are a serious student or a teacher looking for a more intense practice, this is for you. If you have wanted to work on crazy, wild and wonderful Anusara level 2 and 3 poses, this is for you. If you want motivation to work a little harder than you normally do in your own practice, this is the practice for you.

### Tiger Practice Leader:



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.

### Dates:

Saturday, January 22	11:30 – 2:30
Saturday, February 12	11:30 – 2:30
Sunday, February 26	11:30—2:30

### Cost:

Each GLY Tiger Practice is \$40.00.  
Pre-registration is required.

**Reservations:** Call 952.913.6557 or email at [Amber@goodlifeyoga.com](mailto:Amber@goodlifeyoga.com) to confirm your registration. You may register for single sessions. Please send your check to:

**Good Life Yoga**  
18285-F Minnetonka Blvd.  
Deephaven, MN 55391

**Prerequisites:** You must be injury free, able to push up into a backbend with straight arms and perform a handstand against the wall unassisted, or have permission from the instructor. You will be given the sequence for the practice so you can try it again on your own before the next Good Life Yoga Tiger Practice.

**Good Life Yoga**  
18285 Minnetonka Boulevard  
Deephaven, MN 55391  
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