



ADVANCED ANUSARA INTENSIVE
with Mitchel Bleier
 Jan. 28 - Feb. 1, 2008

Retreat details. . . .

Join us for this special offering by Mitchel for the adventurous seasoned yogin ready to explore a full spectrum of poses. Over the course of the 4 days, every kind of pose will be attempted. In addition to the asana, every morning will be led meditations from various Rajanaka Tantra practices. The combination of deep meditations, intense asana, and fully relaxing sun and Sayulita guarantee this to be a very special 4-days. Pre-requisites: students must be able to kick up into a handstand on their own (needing a wall is fine), perform urdhva dhanurasana in the middle of the room with no help, and be able to do headstand in the middle of the room. No limiting injuries please.

About Mitchel (Yoga instructor). . . .

Mitchel Bleier, internationally recognized yoga teacher, known for his immense knowledge on all yoga topics, especially asana, philosophy, therapeutics, and adjustments. He teaches with passion and offers a kind, generous, humorous, easy, and sophisticated approach. Mitchel's classes are an inspiring vinyasa flow incorporating clear alignment direction, deep breathing, and a playful narrative of Indian philosophy and myth. Mitchel is a **Senior Certified Anusara™ Yoga Teacher**. He has studied closely with John Friend, founder of Anusara™ Yoga, since 1999. From 2000 – 2003, Mitchel traveled the United States with John as his assistant and apprentice. He is only one of two people to ever have such a privilege. He studies closely with Douglas Brooks, both at the University of Rochester and privately since 2001. In addition, he lived in India for six months where he studied with Pattabhi Jois. To learn more go to www.mbyoga.com

Rates. . . .

Payment Type	Double Deluxe	Double Premium	Single Deluxe	Single Premium
General Rate	\$1595	\$1795	\$2095	\$2395
90-day prepay discount	\$1395	\$1595	\$1895	\$2195

All rates are per person and do not include airfare.

More Info. . . .

Visit our website for complete details. www.viayoga.com