

MYTH & ASANA WORKSHOP

with Sarah Powell

Tue - Fri, 10th - 13th April 2018



Join the gods and goddesses of the Hindu pantheon for a once-in-a-lifetime yoga experience led by Sarah Powell, Anusara Certified Yoga Teacher, from the UK.

In this popular series of 90-minute workshops, Sarah will skilfully take you on a journey of Anusara® yoga asana practice, interwoven with stories from Hindu mythology. Each colourful myth chosen by Sarah holds a powerful life lesson, as relevant today as it was when the story was first told 3,000 years ago. This is an opportunity to learn about some of these beautiful stories as Sarah weaves them into a strong Anusara® asana class.

These workshops will inspire you to delve deeper into your own nature, as the quality that makes each god special is also alive within each of us, to a greater or lesser degree. So, are you more of a Ganesha or a Ravana right now? The truth will out!

Sarah has been teaching yoga since 2009, and teaching Anusara® yoga since 2012. After years of sampling different types of yoga, she

fell in love with Anusara® yoga for its ability to truly unite a spiritual and physical practice. She has a particular passion for the stories of the Hindu gods and goddesses, and loves to share them. These workshops will expose you to Universal Principles of Alignment, unique to Anusara® yoga, enabling you to take your practice to the next level. Yogis of all levels are welcome.

Sarah Powell is a highly experienced Certified Anusara yoga teacher (also E-RYT500 and RPYT). Hours with Sarah will count towards any hours you may be accumulating for Anusara qualifications. Her hands-on, lively teaching style will ensure you both work hard and play hard throughout this course. For more information go to www.sarahpowellyoga.com and you can also follow her on Instagram @SarahPowellYogi and FaceBook page Sarah Powell Yogi.



PROGRAMME

Tuesday, 10th April 2018, 12.30pm - 2pm

Ganesha: A determined guardian and remove of obstacles. But what's the elephant head and the broken tusk?

Wednesday, 11th April 2018, 12.30pm - 2pm

Hanuman: How did this monkey god get to be so darned forgetful?

Thursday, 12th April 2018, 12.30pm - 2pm

Garuda: How did this enormous, winged god save the universe from eternal darkness?

Friday, 13th April 2018, 12.30pm - 2pm

Shiva: The original yogi (man-bun all all!) in whose story lies the origin of the three warrior poses.

S\$90 per session - S\$320 for all 4 sessions

VENUE

COMO Shambhala Urban Escape
402 Orchard Rd., Level 6, Delfi Orchard, Singapore 238876

INFO AND REGISTRATION

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