

UPCOMING EVENTS

Andrew Rivin

First time at Yoga Village! Sat, Sep 19, 2009. Scottsdale**Saturday: 10-12:30** up tempo backbends/arm balances & **2:30-5** forward bends, hips & inversions

In 1989 Andrew Rivin came to the practice of yoga after years of competitive athletics. Yoga was something his body sorely needed. Over the next decade Andrew developed a solid Iyengar foundation under the senior teachers of San Francisco and was then introduced to John Friend and Anusara yoga. Anusara offered a transformational shift in perspective and it infused Andrew's practice with playful joy. He spent the next several years studying closely with John and traveling the world assisting Desiree Rumbaugh. Now, in addition to holding an MBA from Yale and being the founder of a respected international educational non-profit (www.globalroutes.org) Andrew is also a certified Anusara Yoga instructor.

While he still has a bit of the coach in his light, fun, vigorous and up-lifting style of teaching, it is the softer more loving and reflective nature of this man that shines through. Come prepared to push to your edge, wherever that might be, in a safe, supportive and connected community of like minded yogis.

am or pm: **\$35/\$40** (after 9-12) **Both: \$65/\$75** (after 9-12) . *Save the date! Andrew returns Nov 7, 2009!*



Yoga and Meditation Retreat

w/Paulette Bodeman and Barbara Adams, Fri-Sun, Sep 25-27

We cordially invite you to join us for a weekend of inner and outer expansion in a place of peace and beauty. You will be expertly guided by Paulette and Barbara as you explore the subtleties of your yoga and meditation practice. Seeing through the "Eye of Shiva" will be cultivated as you touch into the softness of your own heart. Held at Pocket Sanctuary, Tumacacori AZ. (www.pocketsanctuary.com)

Retreat Tuition Includes: Accommodations, all meals, yoga, meditation, hiking, hot tub, swimming and time for shopping at historic Tubac.

Shared room- \$399. Single-\$439.
Payment plans available. Sign up on line or call.

Douglas Brooks

Tantric Philosophy "Love, Lust and Ecstasy" Oct 30-Nov 1, 2009. Scottsdale

Human life is made of relationships. Yoga is the process by which we make deeper connections, cultivate our desire to live more creatively, and evolve the narratives of our experience. Our goal is to enrich our understanding, connect more truly with our hearts and live more fully in our bodies. Let the subtle teachings of Tantric yoga reveal a new level of self appreciation.

Take one session or all! No prerequisites for any session.

Friday	6-8 p.m.	\$40/\$35 early
Saturday	10:30-1 p.m.	\$55/\$50 thru 10-23
	3-5:30 p.m.	\$45/\$40 thru 10-23
Sunday	10:30-1 p.m.	\$45/\$40 thru 10-23
Full Weekend: \$170/ \$150 thru 10-23		

Don't miss this!

Grow your practice, deepen your understanding

Anusara Immersions I, II, III for students!
and

200 Hour Yoga Teacher Training

Weekends. Begins Nov 09. Call for details!

Mark your calendars!



Martin Kirk—Anatomy, Dec 12

Desiree Rumbaugh—workshops/therapeutics, Dec 28—31

Carlos Pomed—Bhagavad Gita, Apr 16—18