

# Christy Burnette

## Sundance Yoga Studio March 5-7, 2010

**Christy Burnette** is a **Certified Anusara Yoga Instructor** and the Director of Yoga Education for the Southwest Institute of Healing Arts. She is known for her ability to teach to each individual student's unique needs and has a delightful sense of humor. She has studied with John Friend, Anusara's founder, for over 20 yrs.



### “Sequencing and Yoga Therapy” with Christy

Learn the techniques to shift your classes from average to amazing! The art of sequencing is a skill. Christy will guide you into this process by practicing several techniques to find the one meant for you! Additional Classes on Yoga Therapy build from our unique approach to sequencing. Hands on assisting, Therapy Techniques for Shoulders, Knees, Feet and Low Back will be addressed in all sessions.

#### Friday, March 5<sup>th</sup>

6-8 pm Sequencing Techniques.

Asana practice developed by the class we write! Practice writing and explore the possibilities

#### Saturday, March 6<sup>th</sup>

12:00-2:00 pm Giving the Knees Support-sequencing and therapy techniques/assisting

3-5 pm Shoulders-understanding their limitations and movement

5:30-7:30 pm Forward Bends and Twists working with low backs-assist/adjust

#### Sunday, March 7<sup>th</sup>

9-11:00 am Standing Strong, Focus on Feet, alignment foundation.

11-1pm Bringing it all Together, a full yoga practice, all levels

Sundance  Yoga Studio

### Christy Burnette Workshop, March 5-7, 2010

Entire Workshop \$180; Individual Sessions \$35.00

All Sessions { } Friday { } Sat 12-2 { } Sat 3-5 { } Sat 5:30-7:30 { } Sunday 9-11: { } Sunday 11-1: { }

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Cash Check Credit (circle one)

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