

# Eye of the Tiger

with  
Garry Alesio

## The Eye of the Tiger Yoga Workshop Series

is an "All Levels Active" workshop series geared toward intermediate and advanced Yoga students. It is highly recommended that you already have a regular yoga practice for at least 6 months. You will be skillfully guided, step-by-step, with an opportunity to challenge yourself, while safely playing with your own personal edges. The workshops are an offering to dedicated as well as new practitioners of all ages, who are looking to light the fire, passion, and commitment to themselves on all levels through Yoga. The Eye Of The Tiger is a progressive series that can be celebrated individually or as an entire series. This will offer you the unique opportunity to integrate and build on what has been experienced in the previous workshops, while preparing for the final Yoga Chakra Celebration workshop. Each week with a strong commitment to yourself and your practice of yoga we will be setting our intention and applying the Anusara Principles to many of poses in each of the Asana categories. Also included each week will be Sun Salutations, Core Strengthening, Pranayama, Meditation, Restorative Poses and Relaxation as well as the proper use of yoga props.



\$30 (\$25 if paid one week in advance)

Full Series: \$90

All workshops:  
Sundays, 12 pm – 3 pm

Yoga Branch Vista  
1260 E. Vista Way  
Vista, CA  
(760) 630-0101

[www.yogabranchevista.com](http://www.yogabranchevista.com)

## Going Inward

Hip/ Openers /Forward  
bends/ Twists  
Feb 8<sup>th</sup>, 2009

## Opening The Heart

Backbends/ Standing Poses  
March 8<sup>th</sup>, 2009

## The Art of Floating and Flying

Hand Balance/ Inversions  
April 5<sup>th</sup>, 2009

## Chakra Yoga Celebration

A Wild & Fun Yoga  
practice to Awaken &  
Nurture the Mind, Body,  
Soul  
May 3<sup>rd</sup>, 2009

*"In stages, the impossible  
becomes possible."*  
— Sri Krishnamacharya

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