An Anusara® Yoga Workshop and Island Retreat
With Jim and Ruthie Bernaert and Jayendra Hanley

Retreat: Arrive 27 September for Daily Practice and Island Fun

Workshop: (30 Sept.) 1-2 October in Chios Greece

Jim, Ruthie and Jayendra all began intensive dedicated study with Anusara Yoga founder John Friend in 1995 after years of yoga practice. Jim and Ruthie teach on-going classes on the Big Island of Hawaii and also travel around the US and internationally sharing their love for the path of yoga. Jayendra lives in Amsterdam and leads many Anusara Yoga Teacher Training programs around Europe. Each offers years of experience with the Universal Principles of Alignment and the inspiring Tantric philosophy, and are highly skilled mentors of aspiring teachers. Students experience the clarity of their understanding, their precise instructions, and their warm and generous hearts.

Anusara means "flowing with Grace" or "following the heart". Founded by John Friend in 1997, Anusara yoga combines a non-dual Tantric philosophy with Universal Principles of Alignment to create an inspiring and transformative practice.

Weekend Workshop Schedule: **Friday 18:30 – 21:00**
Saturday 10:00 – 13:00 and 15:00 – 17:30
Sunday 10:00 – 13:00

Mixed Level Workshop: All yoga students are warmly invited to join the flow.

Chios Greece is a large and verdant island that is part of the North-Eastern Aegean Islands. It is a short distance by ferry from Turkey and between Lesvos and Samos. It is a very attractive island with lush vegetation, fine beaches and unique medieval villages. The island offers great natural beauty and numerous historical sights. Please join us a few days before the weekend workshop to practice together and to enjoy all that the island has to offer.

Cost: € 35 for an afternoon class, 40 for a morning class
€ 100 for Saturday and Sunday, 125 for the entire weekend

Location:

Hotel Accommodations: more details, travel logistics hotel accommodations cost and venue location will be available soon

To reserve a space or if you have questions, please contact
Victoria Stroumbakis at victoriavps@yahoo.com or call at+30 6794 891175