

JANUARI 2016!

ANTHONY BENENATI

From Los Angeles



This weekend we will explore the foundation of alignment to reach your highest potential.

Not only physically but also to break through fears and what's holding you back from thriving on your mat and in your life.

We welcome everyone to this weekend, new to yoga or teachers who want to refine their craft.

Save the Date!

Fred & Lörd 22/1 – 23/1 2016

Fred: 16.00 – 20 .00 Lörd: 9.30 – 16.30

Pris: 2 650 kr

Early Bird t.o.m 16/11 2 300 kr!

Anmäl via hemsidan www.yogaroom.se

ANTHONY BENENATI

Anthony Benenati is a senior instructor with over 20 years of experience. He founded City Yoga in Los Angeles in 1999, one of the premier yoga studios for over 15 years. Anthony travels extensively teaching students all over the globe.

He is known as a teacher's teacher for his unique ability to take the esoteric practice of yoga and make it useful in everyday life. You will enjoy his dynamic, non-dogmatic and playful teaching style.

