

# Delight in the Path of Studentship & Continue to Gain Refinement of the Self

Adhikara Workshop Series with Brooks Haislip at Sangati Yoga  
April 1-May 6; Thursdays 8:15-9:15 am

## 6-week series for those who want to look at:

- Qualities of the Self to be the best student, teacher, employer/employee, partner, mother/father, friend, etc
- The 5 Universal Principles of Alignment of Anusara Yoga which mark a clear path to cultivate & refine these qualities & become a better student of life
- The 3 levels of studentship, 4 paths to mastery
- Tailor home practice sequences & learn how to make a home practice happen!

## Cost: \$72

(no partial registrations, can use 1 class as a make up in any Sangati asana class)

## What to bring:

A spacious heart and a spacious mind, journal and pen

## What to wear:

Yoga attire if you plan to stay for asana practice, your work clothes if you will be heading straight to work, pajamas just because you can.

## Where:

Sangati Yoga

2201 Park Road Suite D, Charlotte, NC 28203

Please register in advance through Sangati Yoga

704-334-3221 or [www.sangati.net](http://www.sangati.net)



**Brooks Haislip** is a Certified Anusara Yoga Teacher in Charlotte, NC. She has had the honor of studying with many amazing yoga teachers, primarily Sarah Faircloth and John Friend, as well as Tantric Philosophy Scholars Douglas Brooks, Paul Muller-Ortega and Bill Mahony and Energy Healing with Kelley Gardner. Brooks delights in the infusion of all of these great teachings which resonate with a profound presence in her heart and provide a strong basis for an enriched teaching style. She enjoys teaching public classes and trainings locally and regional workshops. She has a teaching style that is playful, dynamic, challenging, intuitive and wonderfully healing.

