

Anusara® yoga workshop

with Brooks Haislip

April 23 & 24, 2010

In Beaufort, SC

Friday 6:30-8:30pm
**Invigorate Your
Heart & Infuse Your
Inner Light**

Backbends, Inversions and
Arm Balances for mixed level
students \$30

Saturday 9-11am
**Align with the Flow of
Grace Within You**

Full-spectrum Class for all
level students \$30

Saturday 2-4:30pm
**Steep in your own
Delight and Savor the
Nectars Within**

Hip Openers, Forward Bends
and Twists for mixed level
students \$40

**\$100 if you register for whole workshop. \$90 if
registered for the whole workshop by 4/17/10.**

To be held at the Dataw Island Club Community Center just outside of Beaufort, SC in a beautiful lowcountry setting. For more information on the area go to the Dataw Island website at www.discoverdataw.com

Registration info: Please make checks out to Carolina Sportscare and mail to Carol Morrissey 36 Saltwind Drive, St. Helena Island SC, 29920. Call Carol at 843-812-0753 if you have any questions about the workshop.

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. For more detailed information about Brooks please go to www.brookshaislip.com