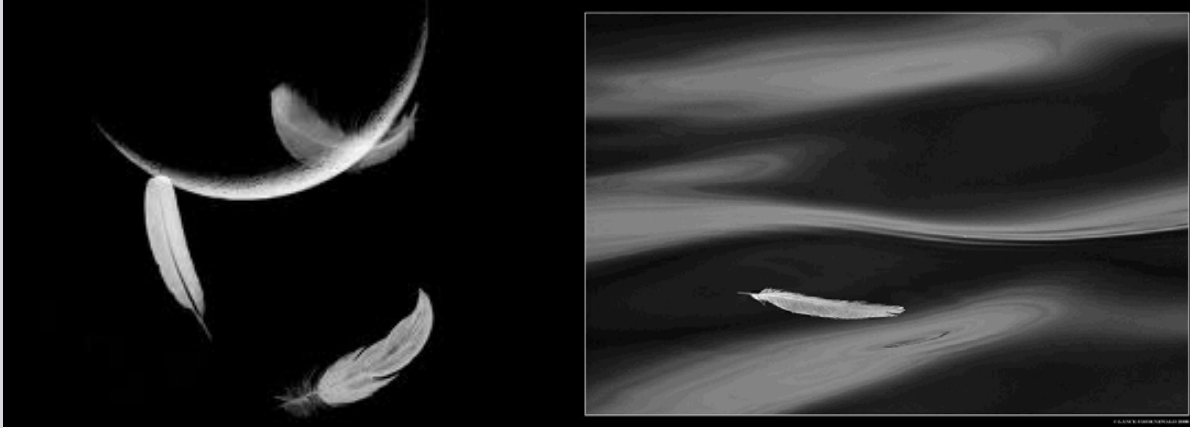


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INVERSION NEWSLETTER FEBRUARY 2011



Think, Live, Be Lighter

Dear Friend,

What if you could stand on a feather and surf the air? How long would it take for you to reach the ground? What would you see along the way? Would the ride offer you an experience to remember? Gandhi once said, "A man is but the product of his thoughts. What he thinks, he becomes." This month think lighter! Live lighter! Be lighter! Allow your burdens to exist outside of yourself. Give the gift of love and laughter to those around you. Let go of fear, worry, doubt, stress, and anxiety. Give yourself away! And love. Love others. Love yourself.

"Love has nothing to do with what you are expecting to get, it's what you are expected to give - which is everything." -unknown

Aum Shanti,
Louise Sanseau

QUICK LINKS

[Inversion Website](#)

[Online Schedule](#)

[Contact Us](#)



SCHEDULE

MONDAY

715-845..... HOT B

10-1130..... HOT A

12-1..... POWER VINYASA

530-645.....ASHTANGA IMPROV

7-8..... CANDLE LIGHT FLOW

TUESDAY

730-845.....KUNDALINI

9-1015.....PRANA FLOW

1030-1130.....VINYASA 1

12-115.....POWER VINYASA

4-530.....HOT B

Go Deeper Into Your Practice...

Jivamukti Workshop is one weekend away! Take advantage of this unbeatable price and opportunity to study with senior instructors!

Workshop will be located in the East Room at Inversion Yoga. The floor mats will be removed so that we will have a hard surface to practice on. The room will be heated to about 85 degrees with 40-60 percent humidity. There are 18 spots remaining for the full 3 day workshop, \$100. You are welcome to attend single classes as well. Space is limited- sign up today!

Friday night Happy Hour class from 5:30-6:30 is canceled on 2/25 for the workshop. All other weekend classes will continue uninterrupted.

Friday, 2/25/ 5:15-7:15 pm/ \$30/ Rock-shtanga

This will be an Ashtanga/ Vinyasa class with music, sweat and a rigorous, fun flow. This class is filling up fast! Contact us soon if you want to attend.

Saturday, 2/26/ 2-5 pm/ \$40/ Exploration into Jivamukti Yoga & Your Practice

Sunday, 2/27/ 2-5 pm/ \$40/ Exploration into Jivamukti Yoga & Your Practice

These three hour classes will include about two hours of practice, during which we will pause in the practice to deconstruct proper alignment, modifications, and exploration into specific postures. We will also chant, meditate and discuss yoga philosophy.

Sunday 5-6 Apré Ski Party with apps and drinks!

Why participate in workshops?

Yoga workshops are invaluable opportunities to immerse yourself in your yoga practice under experienced instruction and learn more about your physical asana practice, explore your emotional, mental, and spiritual body, and address any unresolved inner issues.

What is Jivamukti Yoga?

Jivamukti means liberation in Sanskrit. Jivamukti is a

6-730.....HOT B

WEDNESDAY

715-845.....HOT B
1030-1130.....INTRO TO HOT
12-1.....POWER VINYASA
530-645.....SKI FITNESS
530-630.....PRENATAL
7-8.....RESTORATIVE

THURSDAY

730-845.....KUNDALINI
9-1015.....PRANA FLOW
12-1.....POWER VINYASA
4-530.....HOT B
6-730.....HOT B

FRIDAY

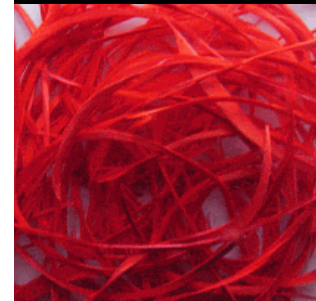
10-1130.....HOT B
12-1.....POWER VINYASA
330-5.....HOT A
530-630.....HAPPY HOUR

SATURDAY

815-945.....HOT A/B
1015-1130.....VINYASA
5-630 HOT B

SUNDAY

10-1115....VINYASA
5-630.....HOT B



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Visit our blog

brand of yoga developed by Shannon Gannon and David Life that attempts to combine traditional teachings with modern methods to "reintegrate the physical, psychological, and spiritual aspects of yoga for Western practitioners." The purpose of the practice in the Jivamukti method is to liberate the body and achieve enlightenment. Shannon and David support that "enlightenment is the uncovering of the self that reveals Atman, the I-Am, the God in you." Jivamukti takes traditional yoga and makes it fun and accessible to everyone. Whether you decide to attend the workshop to enjoy and deepen your physical practice, or to inquire further into the philosophy beyond the asana, I assure you will be lightened by the joy and insight Andrea and Jeffrey have to share.

How does yoga lead to self-liberation?

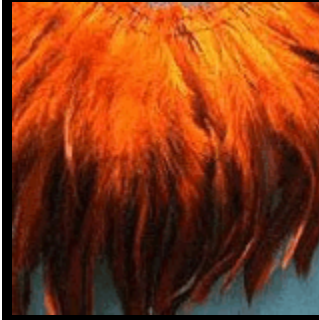
"Yoga practices such as asana enable us to feel that there's something animating our physical form. Yoga practices such as meditation enable us to watch our minds and think, to realize that we must be more than the mind, if we can sit back and watch it generate thoughts. This is the power of these practices: they show, rather than tell, us who we really are... we realize that we must be more than the body and mind... When we experience Yoga, we experience freedom from suffering and pain here and now, freedom that does not end."

- Sharon Gannon and David Life, Jivamukti Yoga

Who are Andrea and Jeffrey?

Andrea Body is an Advanced Jivamukti Yoga Teacher and has traveled the world teaching in Europe, Mexico, and around the US. She has served as Lead Mentor at the Jivamukti Yoga Teacher Training Program, and is a member of the Omega Institute and Kripalu guest teaching faculty. With Ruth Lauer-Manenti, she produced the book *An Offering of Leaves*, published by Lantern.

Jeffrey Cohen is an ambassador of yoga presenting



CHILD CARE AVAILABLE

Sunday: 8-11:45am for:
8:15-9:45 Hot A/B
10:15-11:30 Vinyasa

Monday: 9:45-1:15 for:
10-11:30 Hot A
12-1 Power Vinyasa

\$7 = 1 Child

\$5 = each additional Child

classes, retreats, & workshops around the globe. Jeffrey serves as an acting Facilitator and formerly Lead Mentor for the residential Jivamukti Yoga® Teacher Training Program and is also a member of the Omega Institute and Kripalu guest teaching faculty. Video and radio projects include collaborations with Russell Simmons and Martha Stewart.

Together, Jeffrey and Andrea own Jivamukti Yoga Charleston, the only Jivamukti school in the US outside of New York.

A Plug from Dottie Forester:

"Please don't miss this amazing opportunity to practice yoga with Jeffrey and Andrea. The energy they create in these workshops is so inspiring. Their dharma talks, adjustments and music are unique. Show up and you will not be disappointed. These special teachers travel all over the world and we are truly lucky to have them visit. Your support will hopefully enable Inversion to have more events like this."

Patanjali Yoga Sutra

II. 37. asteya-pratisthayam sarva-ratnopasthanam

asteya = non stealing
pratisthayam = based on, grounded in
sarva = all
ratna = jewel
upasthanam = approach, materialize

For the one who practices non-stealing of what does not belong to one - all the jewels and riches of the world will come a seeking. The logic is simple. Wealth and riches are Maya Shakti. The more you chase her, the more she slips out of hand. But for the one who cares not about riches and wealth, it comes seeking them. The answer is in simply being with



RETAIL HOURS

Wednesdays 3-6pm
Friday 3-6 pm

15 minutes before and after each class.

Call: 307-438-9786 to schedule a time to shop at your own convenience.



one's own self. Everything one needs to live in the world comes and falls in place.

-Swahilya Shambhavi

We will adjust the class schedule April 1st for spring/summer. If you have any schedule requests please let us know. We always want to hear both positive and negative feedback from you! Our suggestion box is located above the mini refrigerator by the front desk.

"Practice, practice and all is coming."

- Sri K. Pattabhi Jois

Namaste.



THE inversion yoga challenge:

Come to yoga once a day for 7 straight days and receive the next week of yoga free! Tell your friends!

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