



ASHTANGA LEGEND, TIM MILLER

AT JUPITER BEACH, THURSDAY, MAY 13TH, 2010

Sign Up Today!!!



Master Teacher, Tim Miller

from the Ashtanga Yoga Center in Encinitas, California

at Jupiter Civic Center

Thursday, May 13th, 2010

6:00pm to 9:00pm

Lecture and Guided Primary Series Class

Ashtanga Yoga and the Gunas: The phenomenal world of Prakrti is composed of three essential qualities called gunas--Sattva (light, harmony, and equanimity), Rajas (movement, heat, and agitation), and Tamas (inertia, density, and heaviness). In this class we will explore how the primary series of Ashtanga yoga is designed to dispel the rajas of the mind, remove the tamas from the body, and embrace the sattva of the soul.

Workshop/Lecture 6:00pm - 7:00pm \$25

Guided Primary 7:00pm - 9:00pm \$45

Full Session 6:00pm - 9:00pm \$60

Register today by calling 561-296-7996 or
register online at www.nativeyogacenter.com.

