



Workshops with Christy

Christy Burnette – Kansas City
October 22, 23, and 24th

Christy Burnette teaches from her experience of more than two decades of practice including individual and group instruction, teacher training and yoga therapy. Among the first to be certified by Anusara founder John Friend, Christy is senior-level registered yoga teacher (E-RYT 500). Her background also includes sports rehabilitation and personalized training for people of all levels of mobility. She travels worldwide offering in-depth yoga workshops and retreats.



Christy’s workshops are innovative, transformative and challenging. Christy has a well-earned reputation for deepening her students’ practices through humor balanced with a quest for authenticity.

Weekend Schedule:

All sessions are open to **ALL LEVELS** – from beginners to advanced and advancing students

Friday, 10/22 | 6:30-8:30pm | Quiet Mind/Peaceful Practice

Experience techniques to quiet the mind and soften the physical practice. A practice observing the body through a variety of standing, seated, and forward bends.

Saturday, 10/23 | 9:00-11:30am | Balance in Action

Discover the relationship between standing and balance postures. Tap into inner strength to gain lightness throughout your yoga practice.

Standing/balance postures/Bandhas/Pranayama

Saturday, 10/23 | 1:00-3:30pm | Trusting Your Inner Guide/Building a Well Rounded Practice

Knowing how to build a home practice is a gift of knowledge and reading the body. After a full practice each student will be guided into writing a personal practice within their ideal setting.

Sunday, 10/24 | 9:00-11:30am | Reach Your Potential/Honor Your Edge

Saying “yes” to a practice is a combination of mindfulness and good body alignment. A full practice for the dedicated student.

Darling Yoga: 11711 College Blvd, Overland Park, KS 66211 | 913.498.1144 | darlingyoga.com | info@darlingyoga.com

Christy Burnette Registration Form:

Name _____ Phone # _____ Email _____

Address _____ City _____ State _____ Zip Code _____

- { } Fri, 10/22 6:30-8:30pm: Quiet Mind, Peaceful Practice \$30
- { } Sat 10/23 9:00-11:30am: Balance in Action \$40
- { } Sat 10/23 1:00-3:30pm: Trusting Your Inner Guide \$40
- { } Sun 10/24 9:00-11:30am: Reach Your Potential/Honor Your Edge \$40
- { } All Sessions discount: \$135 total with pre-registration

Cash/Check / Major Credit Cards Accepted (Visa/MC/Discover/AMEX) #: _____ Exp Date _____