

Christy Burnette

Kansas City
Aug 7-9th 2009

Christy Burnette is a **Senior Certified Anusara Yoga Instructor**. She is known for her ability to teach to each individual student's unique needs and has a delightful sense of humor. She has studied with John Friend, Anusara's founder, for over 20 years and is **owner of Arizona Yoga in Scottsdale, AZ.**



“Commitment & Contentment” with Christy

How do your choices shape your experience? Do your commitments enhance your life? Offering five innovative classes, join Christy Burnette and Darling Yoga for a weekend of exploration and contemplation on the mat.

Friday, August 7th

6-8 pm Hip Openers for Everyone (\$35)

Saturday, August 8th

9-10:30 am Level 1 Shoulder Openers (\$25)

11 am-1 pm Intermediate Backbends (\$35)

2:30-4:30 pm Forward Bends and Twists (\$35)

Sunday, August 9th

9-11:30 am Intermediate Potpourri Class (\$40)



11711 College Blvd, Overland Park, KS 66211; (913)498.1144; www.darlingyoga.com; info@darlingyoga.com

Christy Burnette Workshop, Aug 7-9th

Entire Workshop \$150; Individual Sessions (see costs above)

All Sessions { } Friday { } Sat 9-10:30 { } Sat 11-1 { } Sat 2:30-4:30 { } Sunday 9-11:30 { }

Name: _____

Cash Check Credit (circle one)

Card No: _____

Exp Date: _____

\$135 Early Bird Discount: Sign up by July 15th for all sessions to receive this discounted price