

Prasad Yoga Newsletter

Michelle's schedule



Anusara yoga 108 hour Immersion

with

**Michelle
Synnestvedt
and
Amy Betz**

PART 1:

February 13-15
March 13-15
April 24-26

PART 2:

May 15-17
June 12-14 and 26-28

Dear Friends,

I am thrilled to let you know that Prasad has a [NEW WEBSITE](#) that Cherie Lucier has lovingly slaved over..THANK YOU CHERIE!!!!!!

We are so happy to share this with you. We are still working out some things so feel free to let us know if something is not clear. Please note the new changes to our schedule.
blessings
Michelle

EYE of the TIGER

Saturday, March 7th, 9-1130am
lead practice with KEN BLANK
\$20.

This is a chance to play with a wide variety of intermediate poses while being guided every step of the way by Ken's amazing insights-don't miss this one!

Advanced Intensive and The Heart of Recognition

April 18 -19th 2009

with Michelle Synnestvedt

PART 3:
July 10-12
July 31st-August 2
September 25-27

at
PRASAD YOGA



**Level 1 Anusara
yoga Teacher
Training**

with
**Darren Rhodes
and
Michelle
Synnestvedt**

**April 8-12th
at
Yoga Oasis
Tucson Arizona**



This will be our 2nd year offering an Advanced Intensive. Michelle will join students in a 12 hour lead asana practice and scriptural study. This year's scriptural focus will be the Pratabhijna Hridayam - *The Heart of Recognition*.

**Saturday April 18th from 9-12 and 2-5pm
Sunday 9-12 and 2-5pm**

Students are welcome to sign up for 1 or 2 days.

This workshop is open to any student who is comfortable with the level 1 and level 2 Anusara yoga syllabus.

All students must fill out a registration form and will be notified upon acceptance.

More details and application are on the [website](#)

call Prasad Yoga to register 215-355 -3224

or email application to: info@prasadyoga.com

The Clinic- Anusara Yoga Therapeutics



The Clinic is an ongoing intensive study for teachers and students who are working with people with therapeutic issues. Michelle has created a safe and supportive arena for teachers to bring in their students with therapeutic needs and learn how to help them with a program that can support healing.

First Therapeutic Clinic will meet
Sunday, May 31st from 10-4pm.

Special permission is required for this training. To register call 215-355 -3224 or email info@prasadyoga.com

Scott Marmorstein



The Power of You: A Mystical Healing Weekend JUNE 20-21st

In this Energetic Healing Workshop Scott will teach from his life time experiences seeing energetic fields and how to harness the Power within to facilitate healing in yourself and others.

Scott is in his second year on tour with John Friend, the founder of Anusara yoga offering healing sessions on thousands of people all over the country.

All his life Scott has seen the aura and other phenomenon around people. When he was 24 his mother taught him more on how to work with psychic energy to help people heal faster from various psychic and worldly afflictions. Having mastered her teachings quickly he was given further guidance by his Master Spirit Guide in an ancient form known as S.H.E, or Source Healing Energy. With this and other techniques Scott can help you get back to feeling better quickly.

Scott will be available during June 16th-19th for healing sessions by appointment only at Prasad Yoga.

For more details go to our [website](#) and to make an appointment please email info@prasadyoga or call 215 -917-0501

Sincerely,

Everyone at Prasad Yoga