



## A Summer Morning of Anusara Yoga

With Sara Davidson

Saturday, July 17th , 9:30am-12:30 pm

Jubilant and joyful juiciness! July is a time of delicious warmth, luscious green and blossoming abundance. Join us this July 17th, and let this warm summer practice melt away anything not serving your highest light so that the blissful nature of your heart can play in the radiant sun! Exploring backbends and arm balances.

**Majestic Yoga Studio**  
**223 Concord Ave**  
**Cambridge, MA 02138**  
**617.876.6116**

### **Registration:**

**Before July 10th : \$40. Drop-in: \$45**

**Registration recommended.**

**617.876.6116**

**info@majesticyogastudio.com**

*A yoga teacher for over twelve years, Sara Davidson, ERYT-500, is a Certified Anusara™ teacher. The mélange of Sara's deep understanding of the science of alignment and her commitment to opening the hearts of all her students to their inner bright and shining light imbues her classes with joy and inspires students to reach their full potential. Studying with John throughout the years has been a continual source of support, inspiration, and vision. Practicing meditation since 1992, she is presently studying and practicing various meditation techniques that explore the tantric vision, practice, and lineage of yoga under the guidance of Paul Muller Ortega.*