

YOGA FAC Friday Afternoon Club



2nd Friday of Each Month.

Join us for **\$20** & receive **2** hours of amazing Anusara Yoga.

Yoga FAC class is an intermediate to advanced practice. Participants should be able to do a handstand at the wall and a backbend (wheel pose).



EAGLE ATHLETIC CLUB
TRAIN FOR THE TERRAIN

**FRIDAY, JANUARY 13
5:30 PM - 7:30 PM**

**FRIDAY, FEBRUARY 10
5:30 PM - 7:30 PM**

**FRIDAY, MARCH 9
5:30 PM - 7:30 PM**

EAGLE LODGE & SUITES
Presented by Eagle Athletic Club

FAC = \$20

WITH
SUZANNE OLIVER

SUZANNE believes Yoga is the act of engagement within ones true nature. Born and raised in South Carolina, Suzanne attended yoga classes with her mother since the age of 6. She has immersed herself in the study of self awareness, breath and Anusara Yoga since 2000. She has spent year after year studying with amazing masterful teachers within the Anusara Yoga discipline. Suzanne's teaching is sure to entice a journey towards ones truth and her charismatic personality will bring a light hearted, playful, yet refined understanding of yoga. She is an extremely skillful teacher, having the ability to offer variations and modifications so that all students feel met. She lives and teaches Anusara Yoga in the Vail Valley with her growing family. With honor and gratitude towards her teacher and founder of Anusara Yoga – John Friend and to acknowledge with deep respect other inspirational teachers are:

Desiree Rumbaugh, Amy Ippolity, Ross Rayburn, Jamie Turner, Jeanie Manchester and philosopher Dr. Douglas Brooks.

COME ALL! EMAIL lisa@eaglelodgcolorado.com or call LISA WOODS at **970-471-6715** for more information.

Eagle Athletic Club ♦ 200 Loren Lane ♦ Eagle, Colorado
970-328-6316