

KATHRYN BUDIG

AIM TRUE
AUTHENTIC FLOW YOGA

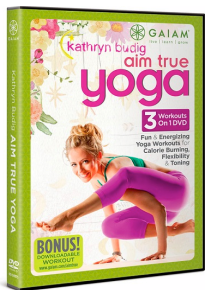
AUG 3 - 5
SHANTI YOGA,
MCCALL, ID



Fri, 8/4, 6-9pm

Aim True – Authentic Flow

Set every practice, day & breath with the power of your intention. We'll start with an hour talk on how to 'aim true' on a physical, emotional & spiritual level. Then we'll get out our mats and find our inner archer and physically manifest through asana what it means to be strong, aware & compassionate. Creative sequencing will create discipline with the perfect blend of humor and thoughtfulness. Come join the hunt for our authentic selves. Please bring a strap, block, paper & pen.



Sat, 8/4, 9-11:30a

**Flight of the Yogi:
Inversions & Arm Balances**



Everyone dreams of flying but fears the chance of a crash & burn. This workshop builds a strong foundation of strength in the mind & body to break through preconceived notions of our abilities. We are gifted beyond our imagination; here, we'll playfully support & encourage untapped potential to dance on your hands & see the world from a different view. Drop fear & step forward with a smile on your face & love in your heart; you'll be lighter & ready to flip it around.

Sat, 8/4, 1-3:30pm

**Find a Comfortable Seat:
Hip-Openers**

Yogis are pros at finding comfort in the uncomfortable. They know nothing is permanent & flexibility of the mind & body frees us from fear & expectation. This workshop will nurture the hips back into a place of space & surrender so we can exorcise discomfort or anything blocking our way. Let go of the past & move into the present—joyful, open & comfortable.



Sun, 8/5, 10-12:30pm

Spice Up Your Practice



Love yoga but feel you're in a bit of a slump? Freshen up your routine & add some spice to your mat! This dynamic workshop explores new & exciting Sun Salutation variations, fun transitions, vigorous vinyasa, & new exit strategies. Add life to your yoga practice through an energetic class that gets pulse & laughter flowing. Come with an open mind, a hungry appetite for excitement, & a towel to mop it all down.

For more information about Kathryn, go to kathrynbudig.com

To register or learn more about this workshop, go to

shantiyogastudio.org or call 208.634.9711



About Kathryn...

As one of the youngest and most widely recognized faces in yoga, Kathryn Budig's appetite for yoga is infectious. Kathryn's playful mixture of challenging classes with her lovable personality is the recipe for a truly inspiring class. As an avid food lover, she is also passionate about sharing healthy, organic and eco-friendly recipes.

Kathryn shares her zest for life, yoga & food as the Women's Health Magazine yoga expert along with her contributor writings for The Huffington Post, Yoga Journal, Gaiam, The Daily Love and MindBodyGreen. She has graced the covers of Yoga Journal, Yoga International, Om Yoga and Common Ground. Budig has been featured on E!Entertainment, The Food Network, Shape and The New York Times. She also serves as the brand representative for apparel company ToeSox and ambassador for Pangea Organics. She is currently writing Rodale's The Big Book of Yoga.

Kathryn is dedicated to giving back to her community. She co-founded "Poses for Paws", an organization dedicated to raising money for animal shelters through yoga. You can practice with Kathryn around the globe or save yourself the plane ticket by practicing with her weekly online at Yogaglo.com. Find her on faculty at Yogaworks Santa Monica, Kripalu or through her Gaiam DVD, "Aim True Yoga".

Or....better yet, join her here in **McCall, Idaho at beautiful Shanti Yoga Studio. Cost for the full weekend (four sessions is \$135 or \$40 per session if registered by June 20, 2012. After that, single sessions are \$50 each, and the full workshop is \$175, space permitting). This workshop is open to yogis of all levels but space will be limited to avoid overcrowding. We do provide loaner mats & have mats for sale, but it is advisable to bring your own mat & props if possible.**

For more information about Kathryn, go to **kathrynbudig.com**

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~Kathryn's events are very popular, sign up early!~



About Shanti Yoga Studio.....

Since 2001, when we first opened our doors, our goal has been to provide a professional and nurturing environment where a diversity of styles of yoga can be experienced here in the beautiful West Central mountains of Idaho. Our instructors bring a high level of expertise and support to empower yoga students of all levels to achieve radiant health and well-being through the study and practice of yoga. Our beautiful 1000 square foot wood floored yoga and meditation studio is located across from the airport on the northwest corner of the intersection at Highway 55 and Deinhard Lane in McCall, Idaho.

Our Boutique, open 9:00 AM - 6:00 PM, holds unique, yoga-inspired clothing, jewelry, books, CDs and gifts, as well as yoga props and accessories.

For more information about our studio, upcoming workshops & teacher training, please go to our website, shantiyogastudio.org. or call 208.634.9711