

The Anatomy of Ease

a Yoga Workshop

with Jim Gallas



at the spectacular Don Pedros Palapa
Sayulita, Mexico

Monday, February 5 - Saturday, February 10, 2018

Lengthen the Spine
Deepen the Breath
Calm the Mind

A detailed look at physical and energetic anatomy in the classic yoga asanas (postures), so that we might open our Bodies, Hearts & Minds with Ease & Grace.

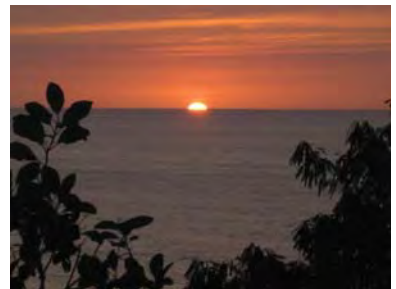
- Six 2 1/2 hour classes
- Two afternoon restorative classes
- ...a foundation for any style of yoga.

\$325*

*\$250 for students & under-employed

Info on accommodations at www.SayulitaLife.com

To Register: email Jim@RelaxedFocus.net



About Jim Gallas: Jim has been teaching yoga for over 25 years. He has studied with some of the world's finest teachers from various lineages. Jim teaches ongoing classes in Santa Cruz, California, and Sayulita, Mexico. He teaches workshops at Esalen Institute, Big Sur, California, Tassajara Zen Center, California, and other locations. He also teaches anatomy, Qigong and Shiatsu.