

# the Anatomy of Ease

A YOGA WORKSHOP WITH JIM GALLAS



LENGTHEN THE SPINE  
DEEPEN THE BREATH  
CALM THE MIND



**February 2-7, 2026**

*at beautiful locations in Sayulita Mexico*

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

- *six 2 ½ hour classes*
- *two afternoon restorative classes*

*... a foundation for any style of yoga*

**\$395**

**To Register**

Send \$100 non-refundable deposit via Zelle: 831-354-5167

**Info on Accommodations:**  
[www.SayulitaLife.com](http://www.SayulitaLife.com)



## About Jim Gallas

With humor and heart, Jim draws from over 30 years of Yoga, Qigong, and bodywork study. His teaching invites curiosity, ease, and awareness through movement and breath. He offers classes in Santa Cruz, California, and Sayulita, Mexico, and leads workshops at Esalen, Tassajara, and other retreat centers.