

YOGA within

STUDENT-CENTERED
IYENGAR-BASED
HATHA
YOGA

Anne L. Curtis, Ph.D, E-RYT

These Level I/II small group classes are both rigorous and nurturing. The intimate size – 8 to 15 participants – enables Anne to give each student individual attention and care. Beginners welcome!

WINTER CLASS SCHEDULE – JANUARY 5 TO APRIL 3, 2015

Monday mornings	9 – 10:30 am	The Loft, 5 Frost Street, Porter Square, Cambridge 1/5 – 3/30/15; no class 1/12 & 2/16	11 classes/\$165; 4 classes/\$75 \$20 drop-in
Wednesday mornings	9:30 – 11 am	The Arlington Center, 369 Mass Avenue, Arlington Ongoing	5, 10 & 15 class discount cards available; \$18 drop-in
Wednesday evenings	5:45 – 7 pm	The Arlington Center, 369 Mass Avenue, Arlington Ongoing	5, 10 & 15 class discount cards available; \$17 drop-in
Friday evenings	5:30 – 7 pm	Arlington Center, 369 Mass Avenue, Arlington Ongoing	5, 10 & 15 class discount cards available; \$18 drop-in

UPCOMING WORKSHOPS (SEE WEBSITE FOR DETAILS)

Sunday, January 18, 1–4:30

The Art of the Asana: Balancing from Head to Toe

Sunday, February 8, 1–4:30

The Art of the Asana: Going Forward in your Forward Bends

March 15, 1–4:30

The Art of the Asana: Backbends – The Elixir of Life!

Workshops are held at The Loft, Porter Square, Cambridge. Co-taught with Karin Stephan. COST: \$75 (discounted for series)

EARLY BIRD SPECIAL \$145 for 2 workshops/\$210 for all 3 – if paid by January 8!



Anne Curtis studied classical ballet and modern dance for 14 years in Berkeley, California. After her undergraduate studies, she earned a Ph.D. in biology at MIT in Cambridge, Massachusetts. In 1996 Anne started studying Yoga and began to devote herself to Yoga as a way of life after using it to heal from an upper back injury. She founded Yoga Within in 2010.

In 2003 Anne did her Iyengar-based teacher training studies in Palo Alto, California with Larry Hatlett. She then completed the Yoga Alliance 200 hour certification with Val Spies, founder/director of The Lotus Pond in Tampa, Florida, and completed the 500 hour certification in 2014. Since certification, Anne has taught more than 1,000 hours of classes and private lessons and continues her Yoga studies with Karin Stephan and other advanced Iyengar teachers.

Anne is devoted to teaching in a student-centered way, in which each student's unique characteristics are taken into account. Her goal is for each individual to find their way toward greater understanding of their own body and how to work with the Yoga poses to bring about a finely tuned mindful balance. Anne is loved by one and all for her kindness, her wonderful sense of humor, and her highly empathic nature.

For more information & directions visit www.yogawithinboston.com
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