

# *Expansion and Evolution; Riding the Waves of Grace with John Levis*

*Tap into your potential in this yoga intensive to expand and grow as informed by The Universal Principles of Alignment™ and inspired by Shiva Shakti Tantra of Anusara Yoga. All levels welcome!*

*Saturday, March 17*

**Stepping In, Rising Up 10-1**  
*Align with your potential to awaken and grow with variety of steady standing poses, playful inversions, hip-openers and backbends.*

*\$45 by 3/4  
\$50 thereafter*

**Savor The Flavor**  
**2:30 – 4:30**  
*Take delight in your practice with a mild flow riding on the rhythm of your breath, followed by deep hip openers, seated forward bends, twists, pranayama and meditation.*

*\$30 by 3/4  
\$35 thereafter*

**\$70 for both sessions by 3/4  
\$75 thereafter**



*John Levis is a Certified Anusara® Yoga Instructor E-RYT 500 and began teaching in 2003. He grew up playing ice-hockey and later found an interest in weight training. Looking for something more, he discovered Anusara Yoga in the year 2000 and left the gym for good. He found the practice of yoga to be much more physically effective than simply working out at the gym. Yoga has proven to be more forgiving, yet much more powerful and therapeutic, uniting the mind with the virtues of the heart thus allowing him to discover and cultivate that 'something more'. He no longer suffers from chronic back pain and has actually grown over one inch since the age of 30 and feels more 'capable' at the age of 40. Combining inspiration with serious humor, he gets a kick out of watching students impress themselves as they discover what they are capable of as they learn the therapeutic and empowering value of the practice. John also offers international yoga retreats, workshops, Thai Yoga Bodywork and teaches privately and publicly throughout northern NJ.*



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