



Jaye Martin, certified
Anusara Yoga teacher

Anusara Yoga

Weekend Workshop

With Jaye Martin

March 26-28, 2010

At Ocean Yoga Center in Atlantic Beach

www.OceanYoga.Biz or 904-613-7394

- **Friday March 26, 4-7^{PM} "Eye of the Tiger" Intermediate/Advanced Practice** \$45 or \$35 with any other portion of the workshop. Eye of the Tiger practice is an intermediate to advanced guided practice which encourages everyone to take their yoga, and their life, to the next level! Jaye leads while practicing so that all are inspired by each other to try new poses and to deepen their practice.
- **Friday Night 7:30-9:00^{PM} Special Night of music and chanting with "Palms Together Kirtan Band"** More information will be available on the website soon! Cost: Donation!
- **Saturday March 27, 10^{AM}-1^{PM} Mixed Level Workshop** with full spectrum of delightful poses, pranayama and meditation to feel wholly uplifted! Cost: \$45
- **Saturday March 27, 2:30-4:30^{PM} Mixed Level Workshop** with special emphasis on hip and lower back opening pose to be free from pain! Cost: \$30
- **Sunday March 28, 10^{AM}-1^{PM} Mixed Level Workshop** inviting all to explore wide range of empowering poses with emphasis on forward bends and hand balances. Cost: \$45

Cost is \$165 for all five sessions, or register before March 15 for 15% discount. Earn YA CEU's.

Jaye Martin RYT-200 began yoga in 1998 and is now a certified Anusara Yoga teacher. He has apprenticed with Anusara Yoga founder John Friend and Senior Master Teacher Betsey Downing, as well as studying Ashtanga yoga with David Swenson and Vickie Sorenson. Jaye danced professionally for over 10 years with the Joffrey Ballet in New York and with the Sarasota Ballet for six seasons. He holds a BA in music and plays the clarinet with the Venice Symphony and the Sarasota Concert Band. Jaye is also founding member of the kirtan band "Palms Together".



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Comprehensive Yoga Program for Health
51 Pine Street Atlantic Beach 904.613.7394