

Hatha Class at Yoga Loft in Woodland Hills!

NEW AT YOGA LOFT
HATHA YOGA

WITH AMY LOUISE HORSTING, E-RYT

BEGINNING SUNDAY, JULY 5TH, 2009

9 AM - 10:30 AM.

The word Hatha combines two Sanskrit terms "ha" meaning sun and "tha" meaning moon. Placed together, "hatha" means "forceful." By practicing Hatha Yoga the two energy flows synchronize, purifying the body and awakening higher stages of consciousness.

COME JOIN AMY
EVERY SUNDAY AT 9AM
IN THE BEAUTIFUL, INTIMATE
SPACE AT YOGA LOFT:

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21228 VENTURA BLVD.
ONE BLOCK EAST OF CANOGA AVE.
ON THE SOUTH SIDE OF THE STREET.

Amy Louise Horsting's studies in Tibetan Bon Buddhism, Astrology, Taoism, Meditation and Mantra eventually led her to Hatha Yoga. Initially trained in Viniyoga at Rishi Institute, Amy creates an informal but supportive atmosphere where the complex nuances of Eastern thought can be effectively communicated to the Western student in order to cultivate breath, strength, grace and inner stillness.

BODY • MIND • SPIRIT