

Hatha Yoga with Kathy Nash Inc.



Proudly Announces the Addition of

Newton Nash

to the Class Schedule

Commencing March 19, 2004

Friday 10-11:30 am

Newton Nash is a certified yoga instructor with the Yoga Association of Alberta and has been teaching since 1995. He studied with Bob Smith of Seattle, Washington for 8 years before embarking on the study of Anusara Yoga.

Through the present study of Anusara yoga, Newton encourages each student to work from the core of their being so that each posture becomes an expression of their individual consciousness. Working from such a centred place allows each posture to become a revelation, something to celebrate.

He continues to study with John Friend founder of Anusara Yoga, Desiree Rumbaugh, and other certified Anusara Yoga teachers.



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