

# YOGA

## Long Practices

WITH Ada Lusardi



ONE SUNDAY A MONTH

Jan 29, Feb 26, Mar 18,

Apr 22, Jun 24, 2012

9-12 noon: Active Practice

2-5 pm: Yin & Restorative

\$40/per session

\$75/ whole day

*(no drop-ins please)*

**ENJOY A SWEET REFUGE** from the busyness of daily life, and spend a morning, afternoon or a whole day of luxurious practice in a peaceful and supportive environment. Our mornings will gradually open to a more active practice with afternoons devoted to long held floor postures, relaxation and meditation. You are welcome to attend one or both sessions. Minimum one year of practice recommended. Please dress in layers and bring a journal and eye bag if you have your own. Space limited and pre-registration in recommended.

Information & registration at  
[www.adayoga.com](http://www.adayoga.com)



**Ada Lusardi** creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages.

Based on more than 15 years of meditation and yoga training, and with her extensive knowledge of physiology and anatomy, she guides students to new levels of growth and healing. Her passion for movement springs from her experience as a professional dancer, Pilates teacher, Iyengar yoga instructor, and yoga teacher trainer. A self-professed "anatomy geek", she leads classes and retreats throughout California's Bay Area, and across the country. You can also find her in the May and October 2011 issues of Yoga Journal.