

Save the Date

Soft Heart, Sharp Mind, Vibrant Body

Join the Shakti Sisters for a Fall
Anusara Yoga Weekend Retreat of
Stillness & Movement, Practice & Play

Sugar Ridge Retreat Centre • September 16-18, 2011

Investment: \$350 + HST by July 1, 2011 (\$375 + HST after)

All meals, accommodations, activities included (based on 4 per cabin).

\$30 extra for double and \$50 extra for single accommodation

This weekend retreat will be filled with practices to help you soften your heart, to clarify your mind and energize your body. The team of Karen Claffey and Beth Rutty (Anusara- Inspired yoga teachers) will be sure to inspire and rejuvenate your heart, mind and body as they teach the essentials of yogic living in various ways including: yoga, meditation, pranayama and macrobiotic cooking....and more.

Anusara® Yoga is an elegant and therapeutic hatha yoga system that unifies a Tantric philosophy with Universal Principles of Alignment. It is one of the most popular and fastest growing yoga styles in the world with its uplifting philosophy, epitomized by a “celebration of the heart,” that looks for the good in all people and all things. Students of all levels of ability and yoga experience are honored for their unique differences, limitations, and talents.



For more information or to register, please contact Beth Rutty at beth@bethruttyyoga.com or Karen Claffey at info@heavenstudio.ca

Check out SugarRidge go to <http://sugarridge.ca>

The Shakti Sisters

Beth Rutty is a Registered Yoga Teacher (500 hours) who has trained in the style of Iyengar and Ashtanga yoga since 1999. In 2007, she discovered Anusara Yoga, founded by John Friend in 1997, and this practice has truly made “her heart sing”. She has taken over 300 hours of Anusara training. In the Fall of 08, she experienced 3 Anusara Immersions totalling 108 hours. In the Spring of 2009 she completed her Level I & II Anusara Teacher Training in Calgary with Martin and Jordan Kirk and has just been designated as an Anusara-Inspired Yoga Teacher (Dec 2009) and has studied with John Friend in the past 2 years. Beth is currently completing a 300 hour Yoga Therapy course to understand and help her students and clients in a more holistic way.

Each class will take you on a journey of self-discovery as Beth teaches a system of yoga that integrates the celebration of heart, universal principles of alignment and balanced action in the performance of asana.



Karen Heaven Claffey, E-RYT 500, CYT, is an “Anusara Inspired” yoga teacher and certified yoga therapist. She has been practicing yoga since 1995, and has been studying with John Friend, founder of Anusara Yoga since 2003. Karen is founder of Heaven on Earth Yoga Institute and teaches professional certification programs year-round at her training-retreat center near Hamilton Ontario. She is host-creator of her Montreal Cable TV series, Yoga with Karen (© 2004); and co-host of Josée Lavigne’s video, Initiation au Yoga (2003).

She has been an avid student, teacher and practitioner of holistic health and healing since 1985. She is a gourmet vegan-macrobiotic chef, and was host-creator of CF Cable TV vegan cooking series KAREN’S KITCHEN (© 1994/5); author-publisher of her vegan cookbook, FAST & FUN FOOD (© 1995). Karen is also a seasoned shiatsu, Thai yoga massage and chakra therapist. It is Karen’s greatest joy and purpose to assist her students to discover and embrace their unique beauty, inner strength and radiance, and realize their fullest potential.