

The  
**Yoga Co-Op**  
  
**at Casa de Luz**

A cooperative of independent teachers offering affordable quality classes.



**Fall Schedule**

|                  |                   |                        |
|------------------|-------------------|------------------------|
| <b>Sundays</b>   | <b>11am-12:30</b> | <b>Courtney</b>        |
| <b>Tuesdays</b>  | <b>6pm-7:30</b>   | <b>Leesalyn</b>        |
| <b>Thursdays</b> | <b>Noon - 1pm</b> | <b>Marcie</b>          |
| <b>Fridays</b>   | <b>Noon - 1pm</b> | <b>Marcie</b>          |
| <b>Saturdays</b> | <b>11am-12:30</b> | <b>Marcie/Leesalyn</b> |

**Cost:** Drop In \$10  
 5 class card \$45 \* 10 class card \$80  
 \* valid 6 months from date of purchase

**Gift certificates now available!!**

**Courtney**

Awaken the flow of prana & inspiration of the heart in this dance of breath and body. Classes emphasize structural alignment with organic movement. Familiarity with yoga postures is recommended. Courtney can be reached at (512) 524-5914 or [www.myspace.com/theinnerhorizon](http://www.myspace.com/theinnerhorizon)

Courtney has practiced yoga since 2000 and taught since 2003. She is also a massage therapist with a focus in structural bodywork, shiatsu, and thai yoga massage and incorporates elements of these modalities into yoga. Her yoga influences stem from traditions of Iyengar, Anusara, and Vinyasa which she combines to bring strength and alignment for the body, inspiration for the spirit, and clarity and insight for the mind. "Let the beauty we love be what we do," ~Rumi.

**Leesalyn**

This synergetic class combines the dynamic and subtle aspects of both the Ashtanga and Sivananda lineage while learning complimentary techniques to the traditional methods. All abilities welcome. [www.leesalyn.com](http://www.leesalyn.com)

Leesalyn began teaching yoga in 1998 and has over 4 years experience assisting teacher training programs. Her style is influenced from the Ashtanga, Iyengar, and Sivananda traditions. Her motivation for teaching is the joy of witnessing the continued transformation that occurs when we turn the mirror in on ourselves - observing the body and the mind as they dance together on this journey of returning to the source.

**Marcie**

A fluid practice that strengthens the body and opens the heart while using the breath to experience the bliss within. All levels are welcome! Marcie can be reached at (512) 769-9917 or [marcie\\_howell@hotmail.com](mailto:marcie_howell@hotmail.com)

Marcie has been practicing yoga for over 12 years. Yoga has transformed her life bringing breath, body, mind, and spirit together as one. She blends her background of Hatha, Hatha flow, Iyengar, and Kundalini creating a dynamic yoga practice that is soulful, fluid, meditative, and fun. Yoga is a practice of uncovering the "real beauty" that lies within. Marcie is also a graduate of AOMA, an "Oriental Medicine Doctor" of acupuncture and chinese herbology, and a practitioner of shiatsu massage.

**Directions:**

**Casa de Luz**

**1701 Toomey Road \* Austin, TX 78704**

**[www.casadeluz.org](http://www.casadeluz.org)**

