



Socrates Participants

Offered exclusively during your stay in Aspen!
Certified Anusara® Instructor, Meggan Bly Humphrey, is available to teach private yoga practices, therapeutic sessions or small group, semi-private classes by appointment.
\$120/hr, \$150/1.5 hrs

**Hips tight and holding from traveling?
Want to stretch between sessions?
Simply need to pause and return to yourself?**



Through the elegant alignment principles and practice of this method, as shared by Meggan's teacher, John Friend, founder of Anusara Yoga, you are invited to explore the inner landscape, gaining insights and inspiration through the practice of yoga. Meggan creates a safe and comfortable environment for all levels of student. A resident of Aspen/Snowmass for 24 years, Meggan has explored her own passion for yoga over many years, and has immersed herself in the teachings of Anusara Yoga, philosophy, therapeutics and Neelakantha Meditation to support your growth through yoga.

Call Meggan at 970-379-3289 to make Anusara® Yoga part of your visit.

All Sessions will be held at the Annabelle Inn, 232 W. Main, Aspen.