

# ABBIE BRITTON

MASTER TEACHER



Abbie Britton, M.A. Yoga Science & Philosophy If you can execute a perfect hand stand but are still a jerk, who cares?

Breathe, align, explore, find freedom from suffering, enjoy all that is and be the best human possible today. This is the practice.

Expect anything in Abbie's class, which is always suitable for where ever you are in your practice, even if you have no clue where that is. Abbie is a yoga & Sanskrit scholar, yoga junkie and is always fun and funny. She's a skeptic, scientist and right there with you.

Classes are safe and veteran and GREAT for anyone who is broken in anyway. Aren't we all. Happy with her double hip replacements she knows how to get you out of pain.

So far, her favorite adventure has been studying the application of yoga to medical conditions at the Mahatma Gandhi University & Hospital in Puducherry, India under the tutelage of Dr. Ananda Bhavanani. son of Guru Gitananda and director of International Center for Yoga Education and Research.

Abbie teaches a variety of types of embodied Hatha Yoga from the Anusara, Krishnamacharya, Gosh lineages and therapeutic Yin Yoga out of the Hatha Yoga Pradipika.

She is the founder and master instructor of 11th Step Yoga, a 12 Step

Yoga NoHo Center  
*live, love, and inspire others!*



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