

## 2012 Anusara™ Immersion Application

### Step Onto the Path and Into the Light

With Cheryl Catranbone & Lucy Lomax, Certified Anusara Yoga® Teachers

Please fill out this form and mail it to the Yoga Center of Columbia, 8950 Route 108, Suite 109, Columbia, MD 21045. You may also fax the completed form to 410-772-9591.

Contact us if you wish to discuss payment options.

Full Name: \_\_\_\_\_ I prefer to be called: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening/ Weekend Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Occupation: \_\_\_\_\_

**Your answers to the following questions will provide us with the necessary information to evaluate your preparedness to get the most from the Anusara™ Immersion program:**

1. How long have you practiced Anusara Yoga®? Please supply number of hours, sessions, years, and class level, as appropriate: \_\_\_\_\_

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2. Please name the Certified (or Inspired) Anusara Yoga Teachers with whom you have studied, including how long (hours, sessions, years, class level): \_\_\_\_\_

\_\_\_\_\_

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3. Please list any Anusara Yoga workshops, trainings, or intensives that you have attended, including dates, locations, teachers, hours: \_\_\_\_\_

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4. Who is your current Anusara Yoga teacher and how often do you study with her/him? What class level?

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5. Please list any injuries or special conditions that affect your practice:

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6. Are you currently a yoga teacher? If so, what style of hatha yoga do you teach? How long have you been teaching? Where do you teach? Which levels of classes do you teach? Where did you complete your teacher training? Are you a Registered Yoga Teacher (RYT) with the Yoga Alliance? If so, at which level?

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7. As a student, or as a current yoga teacher of another style of hatha yoga, do you aspire to become a Certified Anusara Yoga Teacher? If so, please describe what inspires your heart – that is why do you want to teach Anusara Yoga? \_\_\_\_\_

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8. Please describe why you want to participate in the 2012 Anusara Immersion at the Yoga Center of Columbia? \_\_\_\_\_

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9. Is there anything else you would like to share? \_\_\_\_\_

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*Love and light,  
Cheryl and Lucy*

If accepted into the Anusara™ Immersion, you will be notified by the Anusara Immersion program directors regarding next steps (payment, book list, reading assignments for the first module, etc.). Thank you for your interest and application and we look forward to talking with you!

Also, if you have questions about the Anusara Immersion program, please email Cheryl or Lucy, ([msyogacat@gmail.com](mailto:msyogacat@gmail.com) or [sbyyoga@mac.com](mailto:sbyyoga@mac.com), respectively).

If you have any questions about financing, please contact the Yoga Center of Columbia at [info@columbiayoga.com](mailto:info@columbiayoga.com).

**Thank you for considering the Anusara Yoga Immersion Program.**