

WHAT IS AN ANUSARA™ IMMERSION?

An Anusara Immersion is an invitation to dive more deeply into the spirit and practice of hatha yoga as offered through the life-affirming system developed by Master Yoga Teacher, John Friend. An Anusara Immersion invites you to take your yoga practice to the next level – that of deeply connecting to the very heart of your yoga practice. Through in-depth studies of the affirmative philosophy that underlies Anusara Yoga® celebrating the fullness of life and embracing a deeper understanding of the Universal Principles of Alignment™, you will grow in your practice and into your heart. You also will develop new friendships as you study and share your experiences with other like-minded yogins, building community of the heart (Kula).

IS AN ANUSARA IMMERSION RIGHT FOR ME?

If you are ready to fully experience Anusara Yoga and deepen your personal connection to the heart of the practice, this Immersion is for you! Designed as a progressive program, the earliest modules will move you from the classroom to the expansive space where you can develop a deeper understanding of the depths and transformative practices that encompass the world of yoga. In this training, you will connect to your heart, mind and spirit and transform your practice on the mat and in your life. And if you think you may want to teach Anusara Yoga, the Immersion is the first step on the path to becoming an Anusara Yoga Teacher - once again, this immersion is for you. So, if you want to deepen your experience of Anusara Yoga, and have a minimum of 30 hours (approximately 3 months) of Anusara Yoga classes with a Certified or Inspired Anusara Teacher, you may apply for the program. Please go to www.columbiayoga.com to download an application.

WILL I BE ABLE TO TEACH ANUSARA YOGA AFTER COMPLETING AN IMMERSION?

An Immersion is the required first step for those wishing to teach Anusara Yoga. However, in the Immersion there are no instructions on how to teach, nor is there any pressure to teach. The sole purpose of the Immersion is to provide all students with a firm foundation and solid understanding of the principles and practices of Anusara Yoga. If after successful completion of all three parts of the Immersion you decide you want to teach Anusara Yoga, you may apply for the next step, an Anusara Yoga Level I Teacher Training. For more information on becoming an Anusara Yoga teacher, please go to: www.Anusara.com.

Anusara® Yoga



Cheryl Catranbone, E-RYT500, Certified Anusara Yoga® Teacher, has been studying and practicing yoga in earnest since 1993. A certified yoga teacher since 1996, Cheryl found her way into the family of Anusara Yoga in 2000. Cheryl continues to evolve in her practice and teaching by spending as much time as possible with her primary teacher, John Friend and Dr. Douglas Brooks. She shares her deep love and passion for yoga with genuine warmth, humor and joyful expression. Cheryl teaches classes at Willow Street Yoga Center and The Yoga Center of Columbia where she is a co-director of the Yoga Teacher Training. www.heartofgraceyoga.com



Lucy Lomax, E-RYT 500, Certified Anusara Yoga® Teacher, credits yoga with keeping her sane in a frenetic world. Retiring early after 32 years as a public financial policy analyst, Lucy has been teaching yoga since 1999. Having trained extensively with John Friend, founder of Anusara Yoga and her primary teacher, Lucy focuses on the therapeutic application of Anusara Yoga to align body, mind, and spirit. Infusing her teaching with enthusiasm and lightheartedness, Lucy teaches for Willow Street Yoga Center, Shakti Studio, MD and at The Yoga Center of Columbia where she is a co-director of the Yoga Teacher Training. www.serenitybayyoga.com



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2012

Anusara™ Immersion

Step Onto The Path
And Into The Light

Cheryl Catranbone
Lucy Lomax
Certified Anusara Yoga Teachers

The Yoga Center of Columbia

अथ योगानुशासनम् । १ ।

Atha yoganusasanam

“Now begins the study of yoga” - Patanjali



WHAT IS COVERED IN THE IMMERSION?

The Anusara™ Immersion is a 3-Part, 100-hour program of progressive study in the core practices of Anusara Yoga taught in 9 monthly Modules. Although designed as a comprehensive program of study, students may take individual Modules, space permitting. Program material to be covered in each Module can be found in the *Anusara Immersion Manual*, a required text for all participants.



Part 1: The First Step on The Path of the Heart

Module 1: Jan. 14-15 — Fundamentals of the Anusara Method
 Module 2: Feb. 11-12 — Secondary Principles of Practice
 Module 3: Mar. 10-11 — Dharma, Ethics, Nature

Part 2: Opening the Heart to Transformation

Module 4: Apr. 14-15 — Yoga History, Schools, Philosophies
 Module 5: May 5-6 — Yoga Sutra of Patanjali
 Module 6: Jun. 9-10 — Bhagavad Gita

Part 3: Basking in the Radiance of the Heart

Module 7: Jul. 14-15 — Subtle Body Anatomy, Ayurveda
 Module 8: Aug. 11-12 — Paths of Yoga
 Module 9: Sep. 8-9 — Integration & Application

- ☪ Essentials of Anusara philosophy, vision & method; purpose & fundamentals of yoga practice, key philosophical concepts, history of yoga, foundations of Tantric philosophy
- ☪ Universal Principles of Alignment: in-depth exploration of the 3 A's, 5 principles, 7 loops, secondary alignment principles, & basic principles of hips/legs & shoulders/arms.
- ☪ Fundamentals of poses in Anusara Level I syllabus.
- ☪ Basic anatomy and physiology of body & breath.
- ☪ Fundamentals of meditation, pranayama, contemplation, & journaling.

- ☪ Deeper study of Anusara philosophy & vision, 36 Tattvas & 5 elements, studentship on the path.
- ☪ Patanjali's Yoga Sutra from Classical & Tantric perspectives.
- ☪ Bhagavad Gita from Classical & Tantric perspectives.
- ☪ Deeper study of Universal Principles of Alignment, introduction to therapeutic applications.
- ☪ Anatomy & kinesiology of main muscle groups.
- ☪ Continuation of Anusara Level I syllabus; introduction to poses in Level II syllabus.
- ☪ Deeper exploration of meditation, pranayama, contemplation, & journaling.

- ☪ Deeper study & review of Universal Principles of Alignment & therapeutic applications.
- ☪ Paths of yogic living: Bhakti, Jnana, Karma.
- ☪ Deeper study of anatomy & kinesiology of main muscle groups; subtle body anatomy.
- ☪ Complete review of poses in Anusara Level I & II syllabus, exploring poses in Level III syllabus.
- ☪ Skillful sequencing of poses.
- ☪ Intermediate/advanced study of meditation, pranayama, contemplation, & how to include in home practice.



2012 Anusara™ Immersion

Saturdays and Sundays: 12:30pm – 6:30pm

Cost:

Entire AI: \$1900
 (\$250 non-refundable deposit with application, due Dec. 16)
 Financing available: \$100 (non-refundable)

Separate Pricing, space permitting
 (application & payment due 1 week prior):

Per Part: \$675
 Per Module: \$250



Please note: Because of its life-affirming philosophy, innovative biomechanical principles, and open-hearted approach to life, Anusara Yoga has become the fastest growing yoga system in the world. Consequently, Anusara Immersions tend to fill quickly. So please register early to save your spot! Please go to www.columbiayoga.com to download an application.