

FLOW WITH GRACE

Anusara® Immersion 2012

5-day format with Gina Minyard, RuthAnn Martin and Betsey Downing



Part 1: Step into the Flow, March 14-18

Part 2: Ride the Waves, April 11-15

Part 3: Devotion, Skill, and Action, May 30 - June 3

Hosted by Springs Yoga

To register and find more information visit: www.springsyoga.com



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1 Step Into the Flow

March 14-18
with Gina and RuthAnn

Part 1 of the Immersion is 36 hours to introduce all of the main principles, methodology, and the philosophical vision of the system. Learn about flow of Grace, how to open to it and learn to flow with its revelatory currents. Follow the inward journey into the Heart and be empowered by the outward movement of radical participation in life. The main topics are: Anusara vision and Shiva-Shakti Tantric philosophy, Anusara yoga methodology including Universal Principles of Alignment™, and Level I syllabus poses.

2 Ride the Waves

April 11-15
with Betsey and RuthAnn

Part 2 of the Anusara Immersion reviews and deepens the Universal Principles of Alignment and Shiva-Shakti Tantric philosophy introduced in Part 1. In addition, new topics include: The Yoga Sutras of Pantanali, Comparative yoga philosophy, Intro to Anusara Yoga Therapeutics, and Level I and II syllabus poses.

Workshop Location: Hitson Activities Center in Sandy Springs, GA

Prerequisites: At least 30 hours or 3 months of Anusara yoga studies (in the form of classes or workshops with a certified Anusara or Anusara Inspired yoga teacher) and participation in an Intro to Anusara yoga workshop.

Fees: \$1600 for all 3 parts (\$200 savings!), \$600 for each individual part.

3 Devotion, Skill, and Action

May 30 - June 3
with Gina and RuthAnn

Part 3 continues to deepen and refine the understanding of the philosophy and principles of Anusara yoga. Additional new topics include: The Bhagavad Gita, subtle body anatomy - chakras, nadis and koshas, Ayurveda, and Level I, II, and III syllabus poses.



Anusara® Immersion is intended for dedicated students who wish to go deeper into every aspect of their practice. Immersion presents the methodology of Anusara yoga in a systematic way in the fully developed context of the Shiva Shakti Tantric yoga philosophy that supports the practice. It is a transformational opportunity to “immerse” not only into Anusara yoga as a powerful life practice, but through this innovative and elegant method, into the very depths of one’s own Heart.

The complete Immersion is 108 hours in 3 parts, with a curriculum created by John Friend, Anusara yoga’s founder, and refined by his most experienced teachers. Immersion is meant to be a course all of its own for personal transformation through Anusara yoga. It is also the stepping stone prerequisite for Anusara yoga Teacher Training with John Friend or another certified Anusara yoga teacher.

Each part of the Immersion includes philosophy and technique/anatomy lecture as well as asana practice, pranayama, meditation, contemplation, and group sharing. Every level of the Immersion expands upon the previous one and so must be taken sequentially. Anusara Immersion follows a curriculum so the parts may be taken separately with any certified Anusara yoga teacher.

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