

Springs Yoga Studio

2012 Anusara Immersion Application Form

The only pre-requisite for the Anusara Immersion is 30+ hours of Anusara Yoga in the form of weekly classes, workshops, or private lessons, and a sincere desire to deepen your practice on all levels.

Name _____ Phone (day): _____

Address _____ Phone (cell): _____

City: _____ State: _____ Zip: _____

Email: _____ (Print Clearly)

You will be notified of your acceptance into the Immersion by email within 2 weeks of receipt of your application.

I have been practicing Anusara Yoga for:

_____ less than 1 year _____ 1-3 yrs _____ 4-7 yrs _____ more than 8 years

I have taken Anusara classes/workshops for approximately:

_____ 30-40 hours _____ 40-75 hours _____ more than 75 hours

My understanding of the Universal Principles of Alignment in Anusara is:

_____ moderate _____ strong _____ very strong

My primary Anusara teachers are: _____

If you have taken an Anusara Immersion previously, please list that information here:

Instructor _____ Location _____

Date of Immersion _____ Part 1 _____ Part 2 _____ Part 3 _____

Briefly list any physical limitations or long-term injuries: _____

List other styles of yoga you have practiced: _____

I have been practicing other styles of yoga for:

_____ less than 1 year _____ 1-3 yrs _____ 4-7 yrs _____ more than 8 years

On the back of the page, please provide the following information:

1. 1-3 paragraphs describing why you wish to take an Anusara Immersion.
2. If you have a home yoga practice, please describe.
3. Have you studied pranayama or meditation? If so, please list techniques you've studied.
4. If you have a pranayama or meditation home practice, please describe.

Please send or drop off at the Springs Yoga front desk, your application to:
David Aukamp (email to david@springsyoga.com) or mail to our mailing address:
Springs Yoga Studio * 6595 G Roswell Road * No. 658 * Atlanta, GA 30328 *
Attn: Immersion Application

After acceptance into the Immersion you may send in the Registration Form with payment. If you have any questions, contact David Aukamp at the above email address or cell 404.932.2043 or RuthAnn Martin Aukamp at ramartin23@gmail.com or 404.247.6922.

Springs Yoga Studio

Anusara Immersion Registration Form 2012

Name _____ Date _____

Indicate the weekends for which you are registering

Part One: _____ March 14-18

Gina Minyard assisted by RuthAnn Martin

Part Two: _____ April 11-15

Betsey Downing assisted by RuthAnn Martin

Part Three: _____ May 30-June 3

Gina Minyard assisted by RuthAnn Martin

Days/Times:

Wednesdays through Sundays 9AM-5:30 PM with a 90 minute lunch break

Reading:

A required reading list will be given to you once you are accepted into the program and we receive your registration and deposit. Books are purchased separately.

Program Tuition:

All three parts \$ 1,600.00(a savings of \$200) due by February 15th, 2012. Individual Parts \$600. A \$200 deposit is required to reserve your space. If paying for one part the total tuition is due one month prior to start of program.

30% discount for repeat students who have completed the same level of Immersion at another studio.

Payment Information:

I am paying by check.

If paying by check, please drop off the completed application and check to a member of the desk staff or you may mail to our mailing address at:

Springs Yoga Studio
6595 G Roswell Road
No. 658
Atlanta, GA 30328

****Please note that the above address is the Mailing address only. ****

I am paying by credit card. MasterCard ___ Visa ___ Amex ___

Credit Card # _____ Expiration Date _____ Sec Code _____

Name as it appears on the card _____

Billing address if different than above _____

City _____ State _____ Zip _____

I hereby authorize the above payment of \$ _____ Please initial _____

**** If paying by credit card at Springs Yoga please do not fill in credit card information above****

Refund Policy: The deposit is refundable until one month prior to the start of the Part/s you are registering for minus a \$50 cancellation fee. The tuition fee includes the training only. Lodging and meals are separate.

Springs Yoga Studio 2012 Immersion Location Directions

Location of Immersion:

Hitson Activities Center across the street from
Sandy Springs United Methodist Church
86 Mount Vernon Hwy NW
Sandy Springs, GA 30328

Driving directions to Hitson Activity Center:

From I-285: Exit Roswell Road to the north, after approximately 0.7 miles, turn left onto Mt. Vernon Highway, the Church is on the right in second block.

From GA 400: Exit Abernathy Road to the west, after approximately 0.7 miles, turn left onto Roswell Road, after approximately 0.5 miles, turn right onto Mt. Vernon Highway, the Church is on the right in second block.

From I-85: Take I-285 West to Roswell Road (See "From I-285" above)

From I-75: Take I-285 East to Roswell Road (See "From I-285" above)

From East Cobb County: Proceed south on Johnson Ferry Road, proceed straight at Abernathy Road intersection, after approximately 0.5 miles turn right on Sandy Springs Circle (at Fire Department), after one block, turn right onto Mt. Vernon Highway, the Church is on the right.

The Hitson Activities Center is across Mt. Vernon Highway from the Church. The entrance is approximately 200 yards west of the Church entrance by the blue water tower.

Call/text David Aukamp at 404.932.2043 or RuthAnn Martin Aukamp at 404.247.6922 for questions about directions or email david@springsyoga.com or ramartin23@gmail.com.