

2012 Anusara® 100-Hour Immersion

5-day format offered in 3 sessions

Part I: Self Discovery on the Path of the Heart, February 24-28

Part II: Creating Skillful Relationships, April 27-May 1

Part III: Living in Your Heart, June 8-12

This Anusara Immersion will take you to the heart of the practice of Anusara Yoga and allow you to deeply access your truth. **Immerse:** to plunge wholly into, to engage fully, and to go deeper into a subject for the sheer joy of going deeper and receiving more meaning. Learning for the delight of learning!

An Anusara Yoga Immersion is a prerequisite for moving toward the certification process.

5-day format: Each session begins Friday morning and ends on Tuesday after lunch.

8-8:45 AM Breakfast

9 AM-1 PM lecture and asana

1-3 PM lunch

3-6 PM class lecture and asana

Organic, vegetarian meals, as noted in the above schedule, are included in your tuition.

Prerequisites:

Minimum of 30 hours or 3 months of Anusara Yoga public classes.

Basic understanding of the Universal Principles of Alignment and key philosophical principles that underlie this method.

Tuition:

100-hour Immersion, including 2 meals per day, \$2150.

Pay by February 12, 2012 and save \$200. Early payment tuition \$1950.

Each 33-hour part: \$775 each

Part I of a 100 hour level I Immersion must be completed prior to attending subsequent parts.

Contact: jamieomzone@aol.com / 719-942-5452/ www.jamieallisonyoga.com, to register or ask questions

Location: Ananda Tandava Retreat Center, Howard, Colorado. Detailed directions will be sent once you have registered and paid

Part I: Self Discovery on the Path of the Heart, February 24-28

Curriculum includes:

Main Elements of Anusara Yoga method, General Overview of Shiva-Shakti Tantric Philosophy

Power of Intention, 2 Highest purposes for practicing Anusara yoga

Core Metaphysical Principles, Core Cosmological Principles, 36 Tattvas (Overview)

Introduction to Studentship/Adhikara, Introduction to Ethics

Primary Principles of Alignment - 5 Universal Principles of Alignment

Level I Syllabus poses

Part II: Creating Skillful Relationships, April 27- May 1

Curriculum includes:

Overview of the 3 main schools of Yoga Philosophy, Cycles of Creation

Overview of Patanjali's Yoga Sutras

More on Tantric Metaphysics, Cosmology and the Tattvas

The Kleshas, Community

Basic therapeutic applications of UPA's

Level I Syllabus poses and inclusion of some Level II

Part III: Living in Your Heart, June 8-12

Curriculum includes:

Bhagavad Gita

Explanation and Integration of the 3 paths/margas of Karma, Jnana and Bhakti

Subtle body anatomy: Chakras and Koshas, Introduction to Doshas (overview of Ayurveda)

Introduction to the 3 Malas

Continuation of Syllabus I and II poses, adding poses from Syllabus III

All parts of this immersion will include: Pranayama, Meditation, Anatomy, Journaling, Contemplation, Conversation, reading and homework

Registration form for: 2012 Anusara Yoga@100-hour Immersion:

Name _____ amount enclosed _____ ck# _____

Email address _____ phone _____

Credit card # _____ expiration date _____ security code _____

Authorized signature _____

Credit Card billing address _____

Referred by _____

Please mail your registration form, payment information or check made out to JamieAllisonYoga to

Jai me Allison 1645 County Road 47, Howard, CO 81233

Please indicate what you are attending:

\$1950:100-hour Immersion paid by February 12

\$2150:100-hour Immersion paid after February 12

\$2160:100-hour Immersion payment plan, terms and conditions apply*

\$775 Part I: Self Discovery on the Path of the Heart, February 24-28

\$775 Part II: Creating Skillful Relationships, April 27-May 1

\$775 Part III: Living in Your Heart, June 8-12

\$200 to reserve space in the 100-hour immersion

\$75 to reserve space in Part I \$75 to reserve space in Part II \$75 to reserve space in Part III

Payment for individual parts **must** be received at least 10 days prior to the start of the session.

To immediately reserve your space, please send \$200 for all three parts or \$75 per individual part. To receive the early price on the 100-hour Immersion the balance must be paid by February 12. For all other price options please have your balance paid 10 days prior to the start of the part(s) you are attending.

*This payment plan is for those who are committed to attending the full 100-hour immersion. Each payment of \$720 is to be paid before the start of each 33-hour part. If you are unable to complete the full immersion, your pay scale will be based on the individual price of each 33-hour session, \$775. The cancellation fee of \$75 per each 33-hour session also applies.

Housing as available:

\$140 (4 nights @\$35 per night per person) dorm style in the studio, 5 beds. The beds must be taken down and set up each day to accommodate the classes.

\$180 (4 nights @\$45 per night per person) three to a room on the 4th level

\$180 (4 nights @\$45 per night per person) bunk bed room on the 4th level

\$260 (4 nights \$65 per night) private room, queen bed, on the 4th level. If this room is shared the fee is \$45 per person, per night.

If you will be with us for more than 4 nights, please add the additional fee to your payment.

On site housing is limited. To reserve your housing, please send your full payment for your choice of housing along with your payment for the training or your deposit for the training or the parts of the training

you are attending. If you are arriving on Thursday evening and you'd like dinner prepared for you (served between 6:30 and 7 pm), please add an additional \$20 to your tuition. Plan to arrive no earlier than 5:30pm and no later than 9pm. Any housing cancellation forfeits the fee for one night's stay based on your selected accommodations.

Students staying at Ananda Tandava Retreat Center have use of the fully equipped kitchen in the studio for their dinner preparation.

For information on other housing options in the area, please visit www.jamieallisonyoga.com, Ananda Tandava page

The òfine printö please read

Workshop Cancellation Policy:

Any cancellation forfeits a \$75 administration fee per session. Any cancellation made less than 24 hours prior to the start of the immersion forfeits 50% of the registration fee. If you have paid for the full 100-hour immersion and are unable to attend one or two sessions your refund will be based on the price per individual session you attended, minus the cancellation fee of \$75 per cancelled part(s).

Example: full tuition paid by the early deadline (\$1950), two out of three sessions attended (\$775 each), refund = $\$1950 - \$1625 (2 \times \$775 + \$75) = \$325$.

Housing Cancellation policy:

Any housing cancellation will forfeit one night's stay. Any housing cancellation made less than 24 hours prior to the start of the workshop will forfeit the full housing payment.

I understand and agree to the above cancellation policies:

Print your name

your signature

date