

2012 Anusara® 108-Hour Immersion

Ft. Collins, CO

Part I: Self Discovery on the Path of the Heart, January 13-15 & February 10-12

Part II: Creating Skillful Relationships, March 2-4 & April 20-22

Part III: Living in Your Heart, June 15-17 & July 6-8

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.

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:

108-hour Immersion \$1775. Pay by December 21, 2011 and save \$155. Early payment tuition is \$1625.

Each 36-hour part: \$625

Part I of a 108 hour level I Immersion must be completed prior to attending subsequent sessions.

Schedule:

Each weekend will consist of 18-hours.

Friday and Saturday: 9am-1pm and 3-6pm, Sunday 9am-1pm

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

Location: Yoga Center of Fort Collins, 210 East Oak Street, Fort Collins, CO

www.cwrighthyoga.com for a map and directions to the studio

Part I: Self Discovery on the Path of the Heart, January 13-15 & February 10-12

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 1 Syllabus poses

Part II: Creating Skillful Relationships, March 2-4 & April 20-22

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 1 Syllabus poses and inclusion of some Level II

Part III: Living in Your Heart, June 15-17 & July 6-8

Curriculum includes:

Bhagavad Gita

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

