

ANUSARA YOGA IMMERSION PROGRAM

With Lynne Paterson, Certified Anusara Yoga Instructor

I am delighted to offer the most current version of the Anusara Immersion program, recently updated by John Friend and the Anusara Curriculum Committee. Please read to bottom for full details.

The Immersion Program: was developed by founder, John Friend, to help his Anusara teachers deepen their understanding and practice of the techniques, philosophy and art of Anusara Yoga.

For students, the Immersion is an invitation to delve into the profound teachings of Anusara Yoga and Shiva-Shakti Tantric philosophy, and an **opportunity to enrich your life**. You will learn to effectively apply the elegant unifying principles of alignment both on and off the mat. The full program (100 hrs) is presented in three segments (34 hrs) that flow sequentially. You may register for all 3 parts, as one, or enroll individually (in order 1-2-3) over time as your interest and schedule allow. Through the Immersion process you will discover subtle aspects of your self/Self through study, contemplation, practice and discussion. A unique aspect of Immersion is that you may **delight in the learning process, without any requirement to teach yoga**. Only certified teachers are licensed to teach this program; I am proud to be among the first 100 teachers certified worldwide to teach this system.

Aspiring Teachers: Successful completion of all three parts of the Immersion program is the necessary requirement to apply to any Anusara Teacher Training in the world. Prakasa Yoga Studio will offer such a Teacher Training again in 2013. We hope you will join us.

2012 Immersion Dates:

Part 1: January 28/28, February 17/18 and March 10 (snow date: March 11)

Part 2: April 7/8, April 28/29 and May 19 (storm date: May 20)

Part 3: Sept 14/15, Oct 6/7, Nov 3

Daily Schedule: Saturday 8-12noon and 2-5pm; Sunday 9-12 and 2-5pm; lunch 12-2pm

Each Part Includes:

10 hours of philosophy

18 hours of Universal Principles of Alignment (asana practice and methodology)

3 hours of pranayama and meditation

2 hours of anatomy

1 hour contemplation, journaling and sharing

1 hour empowerment review

There will be approximately 3-4 hours homework for each part, mostly reading and study. Participants are strongly encouraged to take attend one weekly yoga class, with their teacher, outside of the Immersion. We'll provide a take-home quiz as a study guide and review form.

Part 1: The Flow of Grace

Through asana practice we become self-reliant, strong and flexible; yet there is more to the yogic path and experience: yoga becomes an opportunity to connect directly with the powerful source of Pure Consciousness, that which we call Grace. We'll explore what it means to live simultaneously from the place of self-effort and Grace, and how that experience can enrich your life forever. We'll study the fascinating Shiva-Shakti Tantric philosophy as a means of exploration of the magnificent universe and our process of self-inquiry and self-discovery.

Topics:

- **Asana practice from the Level 1 syllabus**
- **Five universal principles of alignment**
- **Anatomy of the breath and the spine**
- **Basic pranayama and meditation**
- **Shiva-Shakti Tantric philosophy (general concepts, cosmology)**
- **Historical overview of yoga and Anusara yoga**
- **Adhikara (studentship) & Ethics**
- **Main Texts: Immersion & Teacher Training Manuals, Anatomy book**

PART 2: The Heart of Transformation

As we dive deeper into the study of yoga we begin to experience the practices as a vehicle of growth and change; Divine Consciousness, herself, compels us to transform at every level of our being. We'll cultivate the connection to our hearts' deepest desire, so we can express our most authentic voice and thereby create a life of exquisite meaning, purpose and beauty.

Topics:

- **Continue Level 1 syllabus asana, introduce Level 2 syllabus**
- **In-Depth study of the universal principles of alignment**
- **Anatomy of the hips and shoulders**
- **Intermediate pranayama and meditation**
- **Classical Yoga: 25 Tattvas and Eight Limbs**
- **Overview of Patanjali Yoga Sutra**
- **Main text: Yoga Sutras of Patanjali, any translation**

Part 3: The Light of Revelation

The Tantric perspective is unique: embodied human life mirrors Supreme Consciousness - in effect you are born essentially free, whole and good. As the light of revelation 'switches on' we become more aware of the divine presence more of the time -this Light is our very nature.

Topics:

- **Continue Level 2 syllabus asana**
- **In depth- study and use of alignment principles**
- **Subtle body anatomy (chakras and koshas)**
- **Anatomy of the arms/hands and legs/feet**
- **Expand intermediate pranayama and meditation (bandhas)**
- **Advance our adhikara (studentship)**
- **Overview of Ayurveda (doshas)**
- **Main text: The Bhagavad Gita, any translation**

Required Textbook List:

(Available at the www.anusara.com online store)

Master Immersion, John Friend

Anusara Training Manual, John Friend

Anatomy of Movement, Blandine Calas-Germain

Yoga Sutra of Patanjali - any translation

Bhagavad Gita - any translation

Registration: Enrollment closes 3 weeks before* the first day of any part.

SPECIAL OFFER: Part 1 \$550- paid in full by Dec 1, 2011 - you save \$50!!

1 Part: \$575 (save \$25 off regular price of \$600)

2 Parts: \$1,100 (only \$550/part - save \$100 off regular price)

3 Parts: \$1,500 (only \$500/part - save \$300 off regular price)

Full payment must be received by cutoff date. Payments received after this date and all payment plans will reflect the full program price. Please inquire about our payment plans.

FAC's:

Who may enroll?

Any student with a **minimum 30 hours (or 3 months) Anusara yoga practice may enroll**. There is plenty of time to meet this minimum, between now and January 2012. You may take classes here at Prakasa Yoga Studio or with any Anusara-Inspired or Certified teacher.

What should I expect?

Expect to have fun - we are seriously playful yogis!! You'll enjoy creative asana practices, explore the biomechanics of movement, read and discuss the most famous yogic texts (Yoga Sutra & Bhagavad Gita) about the nature of life, reality, the cosmos and our human place in it. You'll learn what Anusara yoga really is all about, with a group of like-minded people, in a very supportive atmosphere. You will deepen and ripen the relationship to your Self in every way - physically, emotionally and spiritually. Be ready to transform your world in positive ways with the radically affirming and uplifting Tantric philosophy.

Why might I want to enroll?

This Immersion will give you useful tools and techniques to enhance every aspect of your life. When we affirm the intrinsic goodness and beauty of all life, then the way we see our own life shifts and something amazing happens - our joy gets bigger, our heart grows brighter!

The universal principles of alignment (UPA) taught in our weekly classes will be explained in the great detail. As your understanding and use of the principles grow, you'll be able to align more effectively with your heart's deepest desire. Your body will grow stronger, more flexible and your yoga practice, both on and off the mat, will naturally evolve into an exquisite experience. Most of all, the ideas and practices presented in the Immersion will help you cultivate an inner joyfulness that leads to an experience of delight, freedom and bliss.

Where Will I Stay?

Upon registration, we will send you a list of local B&B's. We also have clean, simple accommodations **on-site**, for up to four people, on a first come first served basis.

May I Repeat the Immersion?

Yes, graduates of any prior Immersion or TT may repeat any part the Immersion, at Prakasa Yoga Studio, for a substantial discount (please inquire).

I'd like to teach Anusara!

For aspiring teachers, the Immersion program is the pre-requisite for any Anusara Teacher Training. After successful completion of the Immersion program you may apply for TT. We plan to offer the full 100-hour Anusara TT in 2013!! If you think about teaching yoga, we invite you to study with us.

We hope you will join us!

Please fill out our website contact form with any further questions.