

Anusara® Yoga

Advanced Immersion

Prerequisites:

- * Successful completion of Parts I through III Anusara Yoga® Immersion
- * & / or Instructor Permission

Schedule:

Dates to Save – Saturdays 8:30 am – 4:30 pm:

1. Jan. 2
2. Jan. 30
3. Feb. 13
5. March 6
6. March 20
7. April 10

April 16 – 18- Retreat Friday through Sunday,

8. May 1
9. May 15
10. May 29
11. June 12
12. June 26

13, 14 & 15 -- Before our last meeting in June, we will schedule three Autumn Saturdays together.

Tuition:

\$1440. –

"Shaktipata-anusarena shishyo'nugraham arhati"
By entering the current of Divine Shakti's descent into the heart, the true student becomes capable of receiving grace.
"Kulamava Tantra 14.38

Retreat accommodations: *This is a separate fee – not yet determined. It will be economical. I will know the fee – and let you know - in early January.*

The Main focus of the Advanced Immersion:

- Philosophy – Study of the Shiva Sutras
- Meditation – Theory and Practice
- Pranayama – Theory and Practice
- Contemplation (*Bhavana*) and Theme work
- Sequencing (*Krama*)
- Universal Principles of Alignment™
- Energetic / Esoteric Anatomy
- Musculo-Skeletal Anatomy
- Therapeutic Applications of Yoga
- Community (*Kula*)

Required Study & Practice in Tandem with the Immersion

Daily Meditation – no kidding – not optional.

2 – 3 hours weekly study and journal time.