

**108 Hour Anusara® Yoga Immersion
with Certified Instructor Karen Sprute-Francovich
at Garden Street Yoga, a Yoga Alliance Registered School**

**2010-2011
In Coeur d'Alene, ID**

Part 1: September 11th - Dec. 18th 2010

Part 2: January 8th – March 19th, 2011

Part 3: April 2nd – June 11th. 2011

This Immersion is a cohesive whole and enrollment is open to students committed to the entire Immersion. The schedule is designed to serve local students or those who can travel to and from Coeur d'Alene in one day. Class is on Saturdays from 8:30 am to 4:30. For the exact Saturdays, see below.

Cost: \$1440

Payment plans and some work-study available.

Prerequisites: one year of Anusara Yoga study; or 30 hours of class time with a certified Anusara Instructor; or special permission.

Karen's Teaching Credentials

Karen Sprute-Francovich, M.A, is a Certified Anusara® Yoga Instructor & Teacher Trainer, Yoga Alliance Registered Teacher (ERYT-500 hour level). She has practiced yoga for 36 years and taught for 22 years. In addition to her studio classes, she teaches Immersion, Teacher trainings, workshops and retreats.

Karen's teaching is informed by her long-term study and practice of Chinese Medicine, Asian Movement Arts and Bodywork Therapies. She is a Certified Instructor with the AOBTA, the certifying agency for Asian Bodywork Therapy and Oriental Medicine.

In addition to her Yoga Asana study and practice, Karen has studied and practiced meditation for many years and with several teachers. In December of 2008, Karen began a year long Intensive with Paul Muller Ortega. This intensive is focused on meditation practice and

the study of Yogic philosophy and has deeply influenced and strengthened her ability to teach the philosophical underpinnings of Anusara® Yoga as well as to inspire the practice of meditation. In Spring 2010 she began the next level of study with Paul which will last for 2 years.

Since 1994 Karen has been a whole-hearted student of John Friend and Anusara® Yoga.

Karen began teaching Anusara® Yoga Immersions in 2003. They have been tremendously well received. The 2010 - 2011 Immersion will be her 8th Immersion. In 2010 she offered her first Advanced Immersion which has been a great success thanks to the amazing students that joined together to deepen their studentship and practice.

Schedule

September 9 through June 11

We will be meeting for 16 Saturdays – the schedule generally runs from 8:30 am to 4:30 pm. Below are listed 22 Saturdays. In the process of finalizing the schedule, it's important to set aside all of these Saturdays for now. Before we begin in September we'll have the finalized dates.

1. Sept. 11
2. Sept. 25
3. October 9
4. October 23
5. November 6
6. November 20
7. December 18
8. January 8
9. January 22
10. February 5
11. February 19
12. March 5
13. March 19

14. April 2
15. April 9
16. April 16
17. April 30
18. May 14
19. May 21
20. May 28
21. June 4
22. June 11