

ANUSARA YOGA IMMERSION 2011- IRELAND

Complete 102 hr Program with
Noah Mazé, Deb Neubauer and Betsey Downing Ph.D



www.iloveyogaireland.com

The Anusara Yoga Immersion is a progressive 3-part course designed to help deepen your practice and understanding of Anusara Yoga. This 100-Hour Immersion is also part of the Anusara Yoga Curriculum if you wish to proceed to the Teacher's Training programme in the future.

DATES

Immersion Part I- "The Call to Awaken"

with Noah Maze

January 19th-23rd 2011 (Wed-Sun)

Prerequisite: A minimum of 3 months/ 30hrs of Anusara studies.

Immersion Part II- "Expanding Rings of Light"

with Deb Neubauer

April 21st-25th 2011 (Easter Thurs-Mon)

Prerequisite: Completion of any Immersion Part I or 30hrs of Anusara Immersion Studies

Immersion Part III- "Anusara, a Practice of Transformation"

with Betsey Downing

July 2nd- 6th 2011 (Sat-Wed)

Prerequisite: Completion of Immersion Part I & 2 or 60hrs of Anusara Immersion Studies

WHAT IS COVERED IN EACH MODULE

In each part students expect to receive approximately

- 18 hrs Asana Practice & Methodology
- 10 hrs Philosophy
- 3 hrs Pranayama & Meditation
- 2 hrs Anatomy
- 1 hr Journaling, Contemplation, & Sharing

REGISTRATION

Please download application form www.iloveyogaireland.com & send back to contact email

COST

Per 5 day module €530

Complete Programme €1490

Early bird: €500/ €1400

Payment due 6 weeks prior to start date

Payment plan available

Email: iloveyogaireland@gmail.com / Kanta +353 87 261 4763/ Frank +353 87 415 8989

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