

Anusara Yoga® Immersion

with Todd Tesen & Noah Mazé

The purpose of the Immersion is to promote exponential progress in your practice and on your life path. Take the time to envision and manifest your deepest longings and highest aspirations. Take the leap into this journey of Anusara Yoga (Asana, Philosophy, Pranayama, Meditation)! Along the way, you will meet friends who share in the desire to live from the heart. This 100-hour program is typically taught in three progressive "parts", and is a prerequisite for the Anusara Yoga Teacher Training.

February 17 - 20 Immersion Part I

March 24 - 27 Immersion Part II

May 19 - 22 Immersion Part III

9am - 7pm

Each part will progress upon all previous material, and students can expect to receive approximately:

- * 18 hours asana practice and methodology including all poses on Level I and II Syllabi
- * 10 hours yoga philosophy (Tantra, Yogasutra of Patanjali, Bhagavad Gita etc)
- * 3 hours pranayama and meditation
- * 2 hours experiential anatomy and physiology
- * 1 hour journaling, contemplation and sharing

Required reading; *Anusara Yoga Immersion Manual*, *Anusara Teacher Training Manual* and *Poised for Grace* (Bhagavad Gita Study Guide).

\$1500 Early Bird Special for all three modules (paid in full by February 3)

\$650 per module / \$600 Early Bird Special (available 14 days prior to module commencement)

Rasa Yoga

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Through their deep brotherhood, love of practice, and the Anusara Yoga methodology, Todd and Noah create a powerful and transformative learning environment. Both are devoted students of John Friend, founder of Anusara Yoga, and Dr. Douglas Brooks, one of the world's foremost scholars of the Shrividyia traditions of Hindu Tantra. Together, Todd and Noah have about 40 years of yoga practice and teaching experience. Todd has been an Anusara Yoga certified teacher since 2007 and Noah since 2001. Todd's teaching is playful, strong and uplifting, and creates sound support for self discovery. Noah's teaching is potent and crystal clear. Noah, who sits on the Anusara Yoga Curriculum Committee and the Anusara Certification Committee, has been honored to teach with John Friend at both of Anusara Yoga's Grand Gatherings, and has plans to join him again in 2011. Noah has dedicated himself to synthesizing the immensity of the yoga tradition into a curriculum that is understandable and attainable for his worldwide student base. Todd lives in Novi, Michigan. He teaches internationally and at his recently opened studio, Rasa Yoga (www.rasa-yoga.com). Noah lives in Los Angeles with his wife Tracy, their toddler Madeleine, and four rescued four-leggeds (www.noahmazeyoga.com).

This Immersion, taught by especially gifted and well informed teachers of the Anusara method, will be an empowering path of learning and transformation, guaranteed to shift your practice and understanding to new levels (and to blow your mind!).