

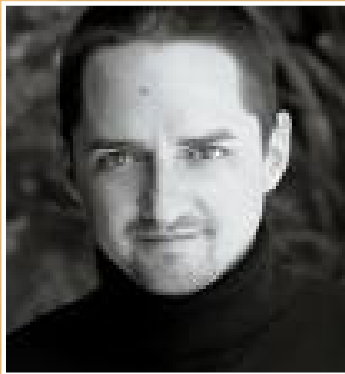
anusara yoga immersion 3 with Noah Mazé

To register:

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The Anusara Yoga Immersion series invites you to deepen your practice through focused study of the joyful philosophy of Anusara Yoga, deep exploration of the Universal Principles of Alignment, and a supportive community of like-minded yogis. This program is always a rich and transformational experience, an exciting journey of body/mind/spirit, and a place where long lasting friendships are forged. Fully inclusive, The Immersion Series offers practitioners of all levels an exciting journey into the core of the teachings of Anusara Yoga. Whether you want to deepen your practice, connect with other yogis, or take the first step toward teaching Anusara Yoga, the Immersion Series will expand your Yoga practice and reconnect you with your native joy. The Immersion curriculum consists of three modules totalling 108 hours of study. For teachers or students who would like to teach, this is the perfect opportunity to create a solid foundation from which to share Yoga of all genres. Although the Immersion modules do not give instruction on how to teach Yoga, the Immersion series is the first step for those wishing to embark on the path of teaching Anusara Yoga, as well as a prerequisite for Anusara Yoga Teacher Training.

immersion 3 | 15–18 Sep 2011

In Module 3, we deepen our study and practice of asana and philosophy, including an introduction to poses from the Level 3 Syllabus, as well as a study of the Bhagavad-Gita. Please join us as we welcome as our guide, Noah Maze, who is widely heralded as one of the world's most proficient practitioners and teachers of Anusara Yoga.

Shri y o g a

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