



100 Hour Anusara Immersion with Noah Mazé at Northwest Yoga Studio!

The purpose of the Immersion is to educate you and further your journey of Anusara Yoga® (Asana, Philosophy, Pranayama, Meditation). The Immersion will promote exponential progress in your practice and on your life path. Take this time to envision your deepest longings, and gain practical tools and methods to embody your highest aspirations. Take the leap into this transformational yoga! Along the way, you will meet friends who share in the desire to live courageously from the heart. If not now, when?

This 100-hour program is typically taught in three progressive "parts", and follows Anusara Founder John Friend's curriculum. The Immersion is for anyone who wishes to pursue a deeper experience of yoga, as well as anyone interested in teaching (the Immersion is a prerequisite for the Anusara Yoga Teacher Training).

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).

Immersion Part I; two weekends; Sat/Sun October 8-9 and November 19-20, 2011

Immersion Part 2; February 2-5, 2012

Immersion Part 3; March 1-4, 2012

\$600 per module or \$1500 for all three if registered by September 22.

After September 22- \$650 for first part and \$1700 for all 3.

Immersion 2 & 3 same pricing and 2 week early deadline.

Register @ www.northwestyogastudio.com or call 702 240-9996