



Part Two - Illuminating the Heart

- Philosophy & Vision of Anusara Yoga
- Deeper exploration, study and practice of the Universal Alignment Principles.
- Patanjali's Yoga Sutras - Intro to Classic and Tantric views of significant verses.
- Introduction to other texts such as the Pratyabhijna hyr-dayam and the Shiva Sutras.
- Subtle Body Anatomy
- 36 Tattvas - Principles of Existence
- Introduction to the therapeutic aspects of the Universal Alignment Principles Asana postures from Level 1 and 2 of the Anusara Yoga Syllabus and variations.
- Introduction to the Art of Sequencing
- Anatomy and kinesiology of the main muscle groups
- Deeper exploration and practice of Pranayama and Meditation

Pre-requisites for Immersion 2

Completion of Immersion 1 with a Certified Anusara Yoga Instructor, or permission from the immersion instructor.

*"You connected with us in a way that was beyond language, an offering from your heart, the light of being, and that made the immersion beyond marvelous!" -
Veronica G., Guayaquil, Ecuador*

Anusara Yoga® Immersion Overview

Anusara Yoga® is a life affirming hatha yoga system developed by Master Yoga Teacher John Friend. (www.anusara.com) Inspired by the vision that life is good, the innovative biomechanical alignment principles, and led by Certified Anusara teachers recognized to be among the most highly trained, skilled, and sought after teachers in the world, Anusara has become the fastest growing yoga system in the world today.

The Anusara Yoga Immersion is an invitation to cross a threshold and deepen your yoga practice on every level. Through focused studies of the life affirming philosophy underlying the Anusara Yoga tradition, deep practice embodying the Universal Principles of Alignment™, and stimulating conversation with other like hearted yogin you will experience a transformational and exciting spiritual, physical and mental journey into the ecstatic core of your own heart.

For those who are already teaching Yoga, or those with the desire to teach Anusara Yoga, this is the perfect opportunity to create a solid foundation from which to build from. Although it is the first step for those wishing to embark on the path of Anusara Inspired Yoga Instructor or Certified Anusara Yoga Instructor, there are no instructions on how to teach, no pressure to teach, only the empowering knowledge of the deeper aspects of the fundamental teachings of Anusara Yoga. (For more information on the requirements for Inspired or Certified designations, please go to www.anusara.com)

The immersion curriculum consists of a three phase series totaling 108 hours and is designed for anyone wishing to gain a comprehensive understanding of Anusara Yoga. Completion of immersions 1, 2, and 3 is a prerequisite for participating in an Anusara Yoga Level 1 Teacher Training.

The Immersion offers you an invitation to awakening, a venue for making meaningful friendships within a global community of other like hearted, like minded yogin, and it is an exciting spiritual, physical and mental voyage into the core of Anusara Yoga teachings. The immersion provides the tools and the guide you need to engage life skillfully and move from that ecstatic place in your heart, on the mat and out in the world.

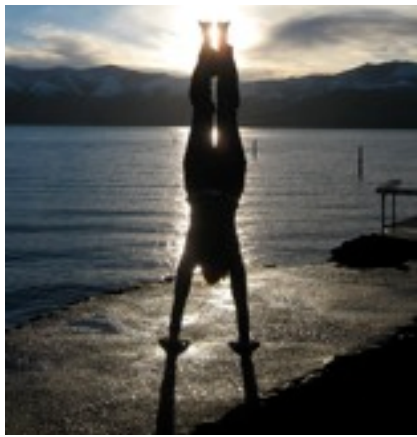
36 HOUR ANUSARA YOGA IMMERSION 2



CHRISTCHURCH, NEW ZEALAND
JANUARY 20-24, 2010

CERTIFIED ANUSARA YOGA®
INSTRUCTORS

B.J. GALVÁN
AND
KATIE LANE



About B.J.

B.J. Galván, Certified Anusara Yoga® Instructor, offers this inspirational and playful style of yoga on a global level. Grateful for having been blessed with the opportunity to extensively travel the U.S., Australia, and Europe, studying with, apprenticing, and assisting master yoga teacher and founder of Anusara, John Friend, BJ is deeply honored to be introducing Anusara yoga in South America. She currently teaches bi-lingual immersions, trainings, master classes, workshops and intensives all over South America and in other international and national locations. Passionate about the practice, B.J. is an “energizing presence, contagiously uplifting” and will guide and assist you to transform, heal and awaken a full expression of divine beauty and goodness from the inside out, on the mat and in the world.

www.heartcoreyoga.com • www.bjgalvan.com
bj@bjgalvan.com



36 HOUR ANUSARA YOGA IMMERSION 2

CHRISTCHURCH, NEW ZEALAND
JANUARY 20-24, 2010

Location:

Cashmere Masonic Centre
95 Dyers Pass Road
Christchurch, New Zealand

Daily Schedule:

Wed - Sun
9 - 12:30 Immersion
12:30 - 2:00 LUNCH
2:00 - 5:30 Immersion

Required Books:

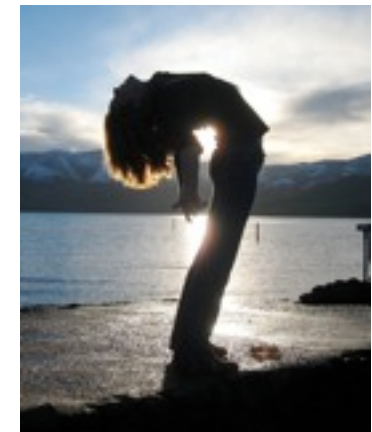
Anusara Yoga Teacher Training Manual
- John Friend
Anatomy of Movement - Blandine Calais Germain
Yoga Sutras of Patanjali - any translation
**Master Immersion* - John Friend (optional)

Tuition Investment:

\$650 Early Registration (paid by Dec 1)
Deposit - \$300 (Secures your space!)
\$700 after Dec 1

For Info/Registration:

Contact Katie Lane
NZ 03 337 6522
Cel 021 810 422
katielane6@gmail.com



About Katie

Katie Lane has been sharing the teachings of Anusara Yoga in New Zealand since 2005. As a Certified Anusara Yoga® Instructor and founder of Yoga Kula NZ, she continues to manifest her vision of yoga as a life affirming, creative practice that empowers us to see the beauty and goodness in every moment and compels us to participate more vibrantly and joyfully in our lives! Katie continues regular study with John Friend and is grateful for the unfailing inspiration and support of the worldwide Anusara community. She teaches public classes, private therapy sessions, weekend workshops and retreats.

www.yogakula.co.nz

