

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.

B.J. Galván, a Certified Anusara Yoga® Instructor, is an “energizing presence and contagiously uplifting.” B.J. is 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. She is currently teaching workshops and trainings nationally and internationally. Passionate about the practice, B.J. 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.

For a deeper insight into B.J. please see:

www.bjgalvan.com

bj@bjgalvan.com

480.290.3493



HeartCore  Yoga

“I loved your enthusiasm, your playfulness, your sense of fun, your knowledge of how to maximize potential. I liked how you helped each of us reach our own unique ultimateness and inspire us to our potential.” - Joan M., Winnipeg, Canada

108 HOUR ANUSARA YOGA IMMERSION



WITH
B.J. GALVÁN

**CERTIFIED ANUSARA
YOGA® INSTRUCTOR**



THE ANUSARA YOGA IMMERSIONS

Part One - Path to the Ecstatic Heart

In this training you will:

Deeply explore Anusara's Universal Principles of Alignment. Learn how to skillfully align your body in a way that balances strength and flexibility and opens pathways for natural healing energy to move more freely on all levels.

Enter into the conversation and study of yoga philosophy, explore the historical roots of yoga, and go deep into Anusara's life affirming Tantric philosophy that intrinsic goodness is the essence of everyone and everything. By embodying this awareness in practice, you will open to a new experience of beauty and magic on your mat and in your life.

Learn and practice general principles of the breath (pranayama), meditation, contemplation and journaling.

Gain a solid understanding of skeletal and muscular anatomy.

Make long lasting connections and build a supportive community with other inspiring, like minded people.

Pre-Requisites for Immersion 1

30 hours or 3 months of Anusara Yoga classes with Anusara Certified or Inspired Yoga teacher, *or* permission from the Immersion instructor.

Part Two - Illuminating Heaven in the Heart

- Philosophy & Vision of Anusara Yoga
- Deeper exploration, study and practice of the Universal Alignment Principles.
- Patanjali's Yoga Sutras - Classic and Tantric views of significant verses.
- Introduction to other texts such as the Pratyabhijna hydayam 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.

Part Three - Reflecting the Radiance

- Deeper exploration into the Universal Principles of Alignment and Philosophy of Anusara Yoga
- Continuation of Level 1 and 2 of the Anusara Yoga Syllabus and variations, introduction to Level 3 Syllabus
- The Bhagavad Gita - Integration of the Paths of Yoga
- Skillful Sequencing
- Basic Sanskrit and Yoga Asana names
- Deeper development of Pranayama, Meditation, Journaling, Contemplation and home practices
- Anatomy and kinesiology of the main muscle groups.

Pre-requisites for Immersion 3

Completion of Immersion 1 & 2 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

PLEASE SEE WWW.BJGALVAN.COM FOR UPCOMING DATES, LOCATION AND INVESTMENT INFORMATION

