



# Anusara Yoga®

## Immersion Program 2012

### 102 HOURS OF TRANSFORMATIVE YOGA PRACTICE

**Anusara Yoga Immersions** invite you to deepen your yoga practice on every level. This rich and inspiring environment offers you a unique opportunity to experience the expansive qualities inherent in yoga. In this program we come together to create a supportive community of like hearted yoga practitioners.

For enthusiastic students, or for those interested in or are currently teaching yoga, the Immersion Program establishes a solid foundation from which to skillfully share Anusara Yoga. It is the prerequisite first step towards Anusara Certification.

#### IMMERSION 1 Turning to the Heart



**24 - 25 March**  
**28 - 29 April**  
**26 - 27 May**

#### IMMERSION 2 The Expanding Heart



**30 June - 1 July**  
**28 - 29 July**  
**25 - 26 August**

#### IMMERSION 3 The One Heart



**22 - 23 September**  
**27 - 28 October**  
**24 - 25 November**

#### In each part of the Immersion students can expect to receive:

**18 Hours** of Anusara Asana Practice and discussion of Methodology  
**10 hours** Philosophy  
**3 hours** Pranayama and Meditation and Journaling  
**2 hours** of Anatomy  
**1 hour** of group discussion

#### The program is taught by Certified Anusara Yoga Teachers **Cassandra Missio** and **Christine du Fresne**.

They own and operate their own yoga studios and together they have over 40 years of yoga experience.

#### To read their bios go to -

[www.radianceyoga.com.au](http://www.radianceyoga.com.au) [www.georgesriveryoga.com.au](http://www.georgesriveryoga.com.au)

### FULL PROGRAM COST

**Early Bird** - \$1800 to sign up before February 24th 2012  
\$1950 thereafter

**Individual Immersion Modules** - \$700.00 (due one week prior to first weekend)

 To register contact Cassandra on 0413 303 484 or Christine on 0408 154 008.

#### Refund Policy

Once payment has been made, full refunds will be given up to 7 days prior to the start of the Immersion if your place can be filled. Otherwise a 50% refund will be made. No refunds one week prior to the beginning of the Immersion.