

# ANUSARA YOGA IMMERSION

with KELLEY GARDNER

## 2010-2011

the  
**Bindu**  
yoga & wellness



The Anusara Immersion is perfect for students who have the desire to deepen their yoga practice on every level.

Focused study of a broad range of yoga poses using the Anusara Universal Principles of Alignment is supported by exploration of Tantric philosophy, the history of yoga, subtle energy anatomy and much more.

For students who who want to become certified teachers, the Immersion Program is both a prerequisite and a part of the full 200+ hour Carolina Yoga Teacher Training School. The CYTT (Yoga Alliance approved RYT-200) requires a separate application and completion of an entrance exam. The teacher training portion will be offered at the Bindu over 4 weekends in Summer 2011.

### THE IMMERSION INCLUDES:

- Full range of asana practice (Anusara Level 1 and 2 syllabi)
- Thorough study of the Universal Principles of Alignment of Anusara Yoga
- Yoga philosophy, the history of yoga
- Patanjali's Yoga Sutras and the Bhagavad Gita
- Study of the chakra system and energy anatomy
- Pranayama and meditation theory and practice
- Anatomy and physiology



Kelley Gardner is a highly trained, much-loved, certified Anusara Yoga teacher and founder of The Bindu in Cornelius, NC. Certified since

January 2005, Kelley teaches Anusara Immersions, Teacher Trainings, and leads workshops nationally and internationally.

As an articulate and hands on teacher, Kelley's classes are a joyful celebration of our physical embodiment. She is gifted in making Tantric philosophy applicable to our daily lives and her knowledge of alignment techniques and therapeutics help her students continually progress in their practices.

The Anusara Immersion consists of 3 parts (100 contact hours) following a specific curriculum. To receive credit for the Immersion you must complete all 3 parts. Upon successful completion of the Anusara Immersion, a student may apply for teacher training (4 weekends, summer 2011) which completes the 200+ hour Carolina Yoga Teacher Training.

### PART ONE

September 11-12, 2010  
October 2-3, 2010  
November 6-7, 2010

### PART TWO

December 4-5, 2010  
January 22-23, 2011  
February 19-20, 2011

### PART THREE

March 19-20, 2011  
April 16-17, 2011  
May 14-15, 2011

### DAILY SCHEDULE:

Saturday 12 - 6 PM, Sunday 12 - 5pm

### PREREQUISITES

30 hours of Anusara Yoga

### REGISTRATION

Complete an immersion registration form at [www.theBindu.com](http://www.theBindu.com).

### LOCATION

The Bindu, [p] 704.237.3635  
11138-C Treynorth Dr., Cornelius, NC

### COST

Full Immersion (3 parts) \$1550  
Partial Payments: 3 payments of \$550  
(payments due Aug 27, Nov 19, Mar 4)  
Part 1 Only: \$600  
MC, Visa, Checks accepted

*\*40% off for students who have already completed same level of Immersion within past 5 years*

# ANUSARA IMMERSION OF THE CAROLINAS REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_ (print clearly)

I have been practicing Anusara Yoga for:  less than 1 yr  1-3yrs  4-7yrs  8-10yrs

## IMMERSION

Please indicate which part(s) you plan to attend:

- Part 1 only (Sept 11-12, Oct 2-3, Nov 6-7)  
Part 1 is a thorough overview and great introduction to all things Anusara. You must do Part 1 in order to register for Parts 2,3)
- Part 2 - (Dec 4-5, Jan 22-23, Feb 19-20)
- Part 3 - (Mar 19-20, April 16-17, May 14-15)
- Complete Immersion (Sept - May dates above)

## PAYMENT OPTIONS

- Complete Immersion - Payment in full - \$1550 (Due Aug 27)
- Pay in Installments - 3 payments of \$550 (due Aug 27, Nov 19, Mar 4)
- Part 1 only - \$600 (Due Aug 27)

Please mark your form of payment:

Check \_\_\_\_\_ (amount)  
\_\_\_\_\_ (check number)  
MC/Visa \_\_\_\_\_ (amount)  
\_\_\_\_\_ (card #)  
\_\_\_\_\_ (exp date)

Online Via Mind/Body:

<http://clients.mindbodyonline.com/ws.asp?studioid=6905&styp=-8>

## LOCATION - THE BINDU

All segments of the Immersion will be held at

The Bindu  
11138-C Treynorth Dr.  
Cornelius, NC 28031  
[p] 704.237.3635

Please mail your registration to:

The Bindu  
11138-C Treynorth Dr.  
Cornelius, NC 28031

**REFUND POLICY:** Refunds are offered up to 24 hours prior to the beginning of the Immersion, minus a \$50 cancellation fee. No refunds are given for any reason after 24 hours prior to the Immersion unless your space can be filled from a waiting list.



You will be notified by email of the receipt of your registration.  
If you have questions, please contact Kelley Gardner at 704-663-9550 or email [kelley@thebindu.com](mailto:kelley@thebindu.com)