

Immerse yourSelf



Anusara Yoga Immersion

at the Bindu with Kelley Gardner

2012 DAILY SCHEDULE

(approximate times)

Saturday: 12:00-6:00pm

Sunday: 9:00am – 3:00pm (1 hour lunch)

Part One

Jan 28-29

Feb 25-26

Mar 24-25

Part Two

Apr 21-22

May 19-20

Jun 23-24

Part Three

Jul 21-22

Aug 18-19

Sep 8-9

COST

Full Immersion (3 parts): \$1600

Part One only: \$650

Pay in Installments (details at www.theBindu.com)

LOCATION

the Bindu

11138-C Treynorth Drive, Cornelius, NC 28031

704.237.3635

www.theBindu.com

PREREQUISITE: 40 hours of Anusara Yoga

Note: Can't make a particular weekend? Before registering, contact Kelley to discuss options.

(kelly@theBindu.com)

The ANUSARA IMMERSION is for any student who wishes to take their practice to another, deeper level. The 100-hour Immersion includes:

- ❖ Full range of asana practice & study (Level 1 & 2 syllabi)
- ❖ Universal Principles of Alignment of Anusara Yoga
- ❖ Loops, Spirals, and Focal Points
- ❖ Yoga philosophy, including the life-affirming Tantric philosophy that underlies Anusara, 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 & physiology

For students who DO desire to teach, the Immersion Program is a prerequisite for the Carolina Yoga Teacher Training School.