

2012 BINDU ANUSARA IMMERSION  
APPLICATION

The only prerequisites for taking the Anusara Immersion are that you have taken 30+ hours of Anusara yoga classes and have a genuine desire to deepen your practice on all levels.

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

I have taken the following approximate number of hours of Anusara classes/workshops:  
 30-40  40-60  more than 60

My level of understanding regarding Anusara's Universal Principles of Alignment is:  
 moderate  strong  very strong

My primary Anusara Yoga Teacher(s) is/are:  
\_\_\_\_\_

If you have completed or partially completed an immersion program with an Anusara Certified instructor, please list the dates of the program as well as the instructors under whom you studied.

\_\_\_\_\_  
\_\_\_\_\_

Briefly list any long-term injuries or physical limitations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

On the back of this page, please provide the following:

- 1-3 paragraphs explaining why you want to take an Anusara Immersion?
- Describe your yoga practice. What style(s) of yoga do you practice other than Anusara yoga?
- What is your typical home practice like?
- Do you have a meditation practice currently?
- Do you have a pranayama practice?

Please mail your application to:  
Kelley Gardner  
11138-C Treynorth Dr  
Cornelius, NC 28031

You will be notified by email of your acceptance into the Bindu Anusara Immersion within 1 week of receipt of application. At that time you will also receive registration and payment options information. If you have questions, please contact Kelley Gardner at 704-663-9550 or email [kelley@thebindu.com](mailto:kelley@thebindu.com)