

CANCELLATION & REFUND POLICIES

A \$200 deposit is required to reserve your space. The deposit is refundable until one week before the Immersion weekend begins, minus a \$50 cancellation fee. No refunds are given for any reason after one week prior to the Immersion, unless your space can be filled from a waiting list. Refund requests must be made in writing and received one week before the Immersion begins. Please address refund requests to Mary Anne at Maryanne@gardenoftheheart yoga.com.

"I have expanded so much under your guidance that I sometimes feel as though I am a different person than I was when I came to GOH. Yet, I know that I am also the same because you have called forth the true me beneath all the dust. The kula gives me such joy. I have never felt so deeply connected before."

-QUOTE FROM STUDENT EVALUATION

Garden of the Heart Yoga Center
1501 Edgar Place
Sarasota, FL 34240
Phone: 941.341.9781
www.gardenoftheheart yoga.com

Garden of the Heart Yoga Center

ANUSARA YOGA® IMMERSION PROGRAM

with Anusara® certified faculty
Betsey Downing, Ph.D. & Jaye Martin
with Cheryl Chaffee assisting



April-August 2012



GARDEN OF THE HEART YOGA CENTER IMMERSION PROGRAM

Anusara Yoga Immersions offer students an invitation to dive deep into the richness of yoga. We immerse ourselves in yogic practices, studying poses within the framework of Anusara Yoga's elegant Universal Principles of Alignment, as well as delving into breath work, meditation, and philosophy. This life-enhancing process is transformative, and offers you an opportunity to connect with your spiritual essence and radiant heart!

The Anusara Immersion Program is open to all students with a minimum of 30 hours of Anusara Yoga experience, as well as teachers who wish to enhance their understanding of these practices.

The 3-part Immersion offers a solid foundation from which to share Anusara Yoga, if you wish to move forward into teaching in the future. It is the first phase, and a pre-requisite, for the Anusara Teacher Training Program.

The Immersion Program includes:

- Full range of asana practice and study, moving progressively through the Anusara Syllabus 1 & 2
- Universal Principles of Alignment of Anusara® Yoga
- Loops, Spirals, and Focal Points
- Basic anatomy as it applies to yoga poses
- Yoga philosophy, including the life-affirming Tantric philosophy that underlies Anusara; Vedanta and Classical yoga philosophy; Patanjali's Yoga Sutras; and the Bhagavad Gita
- Pranayama and meditation practices
- Journaling and discussions
- GOH notebook of handouts that are presented and discussed in class

The Immersion is taught in 3 weeklong segments of 36 hours each. Each day includes 7.25 hours of various practices: asana (poses), meditation and pranayama (breathing practices), philosophy, anatomy, journaling, and group discussions. You will truly be immersed in the teachings!

REQUIRED TEXTS

- Master Immersion Manual by John Friend, which is available via download by calling the Anusara office at 888-398-9642. Please download this manual and bring it with you to each session.
- Patanjali's Yoga Sutra, any version; this text will be discussed in Part 2.
- Bhagavad-Gita, any version; this text will be discussed in Part 3.

Several versions of both Patanjali's Sutra and the Bhagavad-Gita are available for purchase at GOH.

- There will also be an anatomy book required; this information will be posted closer to the start of the program. You will receive handouts throughout the Immersions and there will be additional texts and readings suggested

The Immersion Program consists of 3 progressive sessions. Each session is 36 hours, taught in three five-day trainings, for a total of 108 curriculum hours.

Part One: April 25-29, 2012

Part Two: June 13-17, 2012

Part Three: August 8-12, 2012

TIMES

Wednesday - Sunday

8:45am - 5:30pm with a 90 minute lunch period

COST

\$1850 for the entire Immersion program of 108 hours, if paid in full, on or before March 25

\$650 per 5-day session

Note: there is a \$100 discount for paying in full in advance

Final tuition payment is due one month before the Immersion begins.

The cost includes all the training plus a GOH Immersion notebook with handouts.

The cost of lodging and meals is not included.

50% discount for repeat students who have completed the same level of Immersion at GOH.

30% discount for repeat students who have completed the same level of Immersion at another studio.

PREREQUISITES

30 hours of Anusara Yoga

- Includes yoga classes, workshops and retreats with a Certified or Inspired Anusara teacher, with at least half of the hours at the GOH Intermediate level or higher, or the equivalent.
- Completion of Part 1 Immersion is necessary to apply for Part 2 Immersion; completion of Part 2 Immersion is necessary to apply for Part 3 Immersion.

APPLICATION & REGISTRATION

To apply, complete an Immersion Application Form, available from Garden of the Heart Yoga Center or download the Form from the website and drop it off at GOH or email it to Betsey Downing (betsey@betseydowning.com). After acceptance into the Immersion you may register by sending in payment: send the full amount or a \$200 deposit to hold your space. Send to Garden of the Heart Yoga Center, 1501 Edgar Place, Sarasota, FL 34240. Make check payable to Garden of the Heart Yoga. You may also call GOH to register with a credit card over the phone.

If you have any questions, contact Garden of the Heart Yoga Center at 941-341-9781 or Betsey Downing at betsey@betseydowning.com.

"What an amazing experience, Betsey and Jaye made us feel at home and so welcome. We immediately dove in deep and there is no one else better to take you to the next level of your practice. The amount of knowledge between them is staggering and they convey it in such a way as to make it easy to learn and with such a humble spirit and open heart. I grew so much over the course of the program and continue to grow as I follow the examples set by my teachers and the wonderful immersion program. -QUOTE FROM STUDENT EVALUATION