

"While the format of an immersion weekend is similar to a weekend workshop, the content was in-depth...and we had the luxury of time to work with partners, ask questions, enjoy restorative poses, and really think about the meaning behind the yoga practice."

-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® TEACHER TRAINING PROGRAM

with Anusara® certified faculty
Betsey Downing, Ph.D., Jaye Martin
with Rita Knorr assisting
and special guest instructor
Martin Kirk



March – November, 2010



GARDEN OF THE HEART YOGA CENTER IMMERSION PROGRAMS

Anusara Yoga Immersions invite you to cross a threshold of deepening your yoga practice on every level. Through focused study of asana (yoga poses) using the Anusara Universal Principles of Alignment, the inspiring Tantric philosophy, and conversation with a supportive community (kula) of like-minded and like-hearted yogis, you will be invited to awaken to your true nature as a spiritual being. This program promises to be a rich and transformative experience!

For students who desire to teach, the Immersion Program establishes a solid foundation from which to skillfully share yoga and is a first step on the pathway to teaching Anusara. The Teacher Training Program requires a separate application and completion of an entrance exam and will be offered in 2011.

The Immersion Program includes:

- Full range of asana practice and study
- Universal Principles of Alignment of Anusara Yoga
- Loops, Spirals, and Focal Points
- Yoga philosophy, including the life-affirming Tantric philosophy that underlies Anusara, Patanjali's Yoga Sutras, the chakra system, and the Bhagavad Gita
- Pranayama and meditation

Each 12-hour weekend includes 6 hours of asana and 6 hours of a combination of philosophy lecture and discussion, pranayama and meditation practices, anatomy, and journaling. Suggested readings will be included throughout the course. Required text: Master Immersion Manual by John Friend, which is available by download by calling the Anusara office at 888-398-9642. Please download this manual and bring it with you to the first weekend.

The Immersion Program consists of 3 progressive Units. Each Unit is 36 hours, composed of three 12-hour weekends, for a total of 108 curriculum hours. Please see faculty bios on the website (www.betseydowning.com).

DATES

UNIT ONE: VIBRANT BODY, SHARP MIND, & SOFT HEART

Three 12-hour weekends:
March 19-21, April 23-25, May 21-23

UNIT TWO: MOVING INWARD TO A DEEPER EXPERIENCE

Three 12-hour weekends:
June 11-13, July 16-18, August 20-22 (Yoga & Anatomy weekend with Martin Kirk)

UNIT THREE: ANUSARA, A PRACTICE OF TRANSFORMATION

Three 12-hour weekends:
September 17-19, October 15-17, November 12-14

TIMES

Friday 6:30-9:00pm
Saturday 12-5:00pm
Sunday 11:30am-4:00pm

COST

\$1835 for the entire Immersion program of 108 hours, paid in full
\$630 per Unit of 3 weekends
\$215 per weekend, space permitting

PREREQUISITES

- 30 hours of Anusara Yoga
- includes yoga classes, workshops and retreats with a certified or inspired Anusara teacher and completion of at least one session of GOH Yoga 2 or the equivalent.
 - completion of 2 sessions of the previous module are necessary to take successive modules

REGISTRATION

To register, complete an Immersion Registration Form, available from Garden of the Heart Yoga Center or download a PDF from the website. Send it with a \$100 deposit, or full amount, to the business address: 6708 The Masters Ave, Bradenton, FL 34202. Make check payable to Garden of the Heart Yoga, or call GOH and register with a credit card over the phone. Final tuition payment is due one week before the weekend begins.

CANCELLATION & REFUND POLICIES

A \$100 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. The fee includes the training only. Lodging and meals are separate. Check the website for information on places to stay.

"But the focus was ... on studentship, and this is what made the Immersion program so special for me. It was an opportunity to explore, to soak in information, and to experience the joy of yoga asana." -QUOTE FROM STUDENT EVALUATION