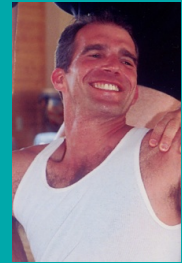




Anusara Y Yoga



Immersion with Tiffany Wood & David Belz Open. Refine. Deepen.



The Anusara® Immersion is designed to deepen the conversation of yoga for any level of student. Whether you are just beginning the journey, aspire to teach, or already teach yoga this 108 hour course will meet you where you are. You will greatly expand your relationship with yourself and the world around us while refining your yoga practice. Three 36 hour segments will introduce, develop, and strengthen your understanding of the Anusara syllabus of asana, Shiva-Shakti Tantric Philosophy, Anatomy, Pranayama (breath) and meditation.

Immersion I: October 26th – 30th, 2011

Opening. This segment offers an in-depth study of the Anusara Yoga’s Universal Principals of Alignment and the Level I syllabus of poses as well as an introduction to Tantric philosophy. No pre-requisites. **Wednesday-Saturday.** 9am-1pm; 2:30pm–6pm **Sunday.** 9am-1pm

Immersion II: January 11th – 15th, 2012

Refine. This segment distills what we learned in Immersion I and continues by engaging Patanjali’s Yoga Sutras from a tantric perspective. We will also deepen our relationship to asana by exploring some of the level II poses.

Pre-requisite is the completion of an Immersion I with any Certified Anusara Yoga teacher.

Wednesday-Saturday. 9am-1pm; 2:30pm–6pm **Sunday.** 9am-1pm

Immersion III: April 18th – 22nd, 2012

Deepen. At this point in the journey, your yoga practice will be fine tuning what you already embody. You are a Being of pure consciousness and bliss. We will engage the conversation from the magic of The Bhagavad Gita while expanding into the level III syllabus.

Pre-requisite is completion of an Immersion II with any Certified Anusara Yoga teacher.

Wednesday-Saturday. 9am-1pm; 2:30pm–6pm **Sunday.** 9am-1pm

David Belz and Tiffany Wood are great friends and have been teaching together for 12 years. David offers his lite heart with great virtuosity in asana as well as a deep understanding of Tantric Philosophy. Tiffany brings a lifetime of deep understanding of human anatomy and movement. Together Tiffany and David bring a richly diverse understanding of Anusara Yoga that will teach you how to more skillfully experience and express your life.

For Registration information please contact: 435-649-9339 or theshop@parkcityyoga.com
\$550 per segment/\$1500 when all 3 segments are paid in advance.

Registration Form

Name: _____ Amount Enclosed: _____

Credit Card# _____ Exp date: _____ Authorized

Signature _____

Email _____ Phone _____

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Please indicate the workshops you are attending: _____ Immersion I _____ Immersion II _____ Immersion III