



THE SHOP yoga studio

Immersion I REVIEW

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Immersion I

The New Year is off to a great start and we hope you are all feeling the promise the year holds in store. It is exciting to be stepping into a time where the potential for great openings seems so extraordinarily magnified. With this same excitement we are looking forward to the upcoming Immersion II.

Many of you were not able to participate in the first Immersion but have expressed a desire to step into these inspiring trainings and / or to get a taste of this ancient wisdom with such great relevance and application in our lives today. Accordingly, Tiffany and David are going to offer a **4 hour workshop on Saturday February 5th** to outline the fundamental components of

Anusara philosophy based on ShivaShakti Tantra, and, to look at the Universal Principles of Alignment. While in 4 hours we will not be able to get into the meat of what a 36 hour immersion offers, but, it will give each of the participants a chance to get a feeling for these amazing teachings and how they can help inform our lives today. In so doing, we will articulate a framework for refining relationships with ourselves, each other, and whatever concept you may have of the Divine, that energy that ties us all together.

[Philosophy and UPA overview workshop, Feb 5th 1-5pm:](#)

1) an excellent outline and overview of these teachings for those who want to understand more about the practice and philosophy of Yoga, 2) a great review for those who did the first immersion and want a refresher before stepping into the second, and, 3) A required preparatory review for those who want to do the second immersion but could not do the first. \$70 for those who did not take the first Immersion and \$35 for those who took the first Immersion and want a review of these teachings.

[Immersion II; Wednesday February 9 thru Sunday the 13th](#)

These dates are fast approaching and the time is now to set and reaffirm our intentions. In the Second Immersion we will continue to unpack the principles of alignment, go deeper into anatomy and the subtle energetic body, explore the practices of Meditation, and, continue the conversation on the philosophical concepts already discussed. We will also be introducing Patanjali's yoga sutras. These sutras have been the classical Yogi's guide to living a rich and blissful life for thousands of years. We will discuss a few of the more significant sutras from a Tantric perspective to help apply to our lives today this ancient wisdom of Patanjali.; \$550 for 36 hours of training

So call or email with any questions and or to sign up. You can email Nicole at Nicole@parkcityyoga.com or call during the day at 435 649 9339. Or, contact Tiffany or David directly at yoginitiff@yahoo.com and david@parkcityyoga.com

We look forward to hearing from you and to deepening the conversation.

Sincerely,

Tiffany and David

PS If you cannot pay for the Immersion by January 14th, or, have any other special considerations affecting your participation just let us know and we will work it out.