

**Anusara Yoga** Anusara Yoga is a powerful path for self-inquiry and transformation. The three part Immersion presents this yoga method systematically over six weekends, offering students the opportunity to deeply explore both the technique and the underlying philosophy of yoga in a supportive and lively atmosphere of learning. The Immersion offers an intense period of study which reveals the purpose of yogic practices, and encourages students to apply the teachings to a joyful and meaningful daily life. We will study the Universal Principles of Alignment and the biomechanics of yoga, including the basics of anatomy. We will also trace the history of yoga and the main traditions that have influenced yoga practitioners through the centuries. The life-affirming philosophy of Tantra will be our central focus throughout the course. Students will receive in-depth instruction in asana, pranayama and meditation in order to create a vibrant body, a sharp mind and a radiant heart.



shakti  
yoga



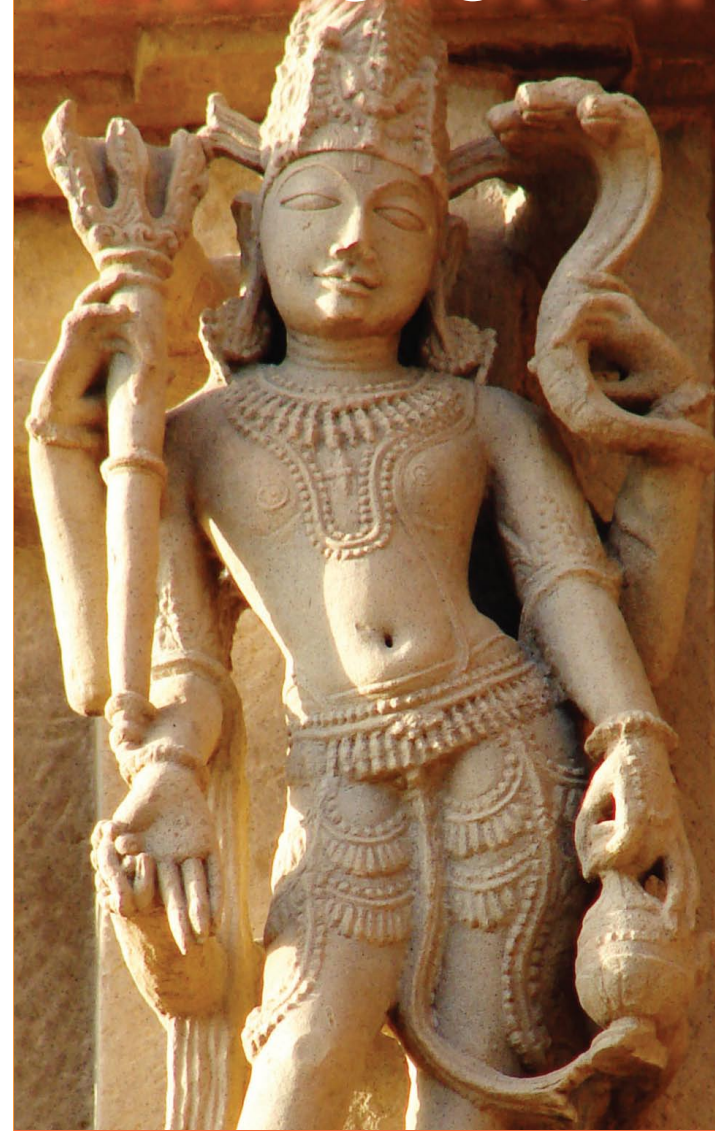
*"The core of  
Consciousness...  
is as slender as  
the stem of a lotus"*  
-Vijnana Bhairava

Shakti Yoga  
Geneseo, NY

For more information or to register, contact:  
**angelsweetbriar@gmail.com**  
**585-243-5240 or 585-245-9886**

**www.sweet-briar.net**

# 2010 Anusara Yoga Immersion



with deb neubauer  
ellen saltonstall  
and jimmy bernaert

Shakti Yoga, Geneseo, NY

# The Call to Awaken: an Anusara Yoga Immersion

“inside every human heart is a light so utterly magnificent that it must be revealed.”

“The Call to Awaken” is an invitation to step into a newly empowered and self-aware life. It is an invitation to awaken to the truth that beauty and magnificence are inherent to your nature.

In each part of the Immersion (34 hours), students can expect to receive approximately:

- 10 hours philosophy
- 18 hours asana practice and discussion of methodology
- 3 hours pranayama, meditation and journaling
- 2 hours anatomy
- 1 hour empowerment review
- 4 hours of homework

The entire 3-part Immersion (102 hours with approximately 12 hours of homework) is a pre-requisite to further in-depth study and is one of the pre-requisites for entering any Anusara Yoga Teacher Training Program. The only pre-requisites for attending the first part of the Immersion are a minimum of 3 months/30 hours of classroom study in Anusara, completion of the application process, and a sincere interest in delving deeper into the practices.

## Part I Immersion with Deb Neubauer

April 9, 10, 11th

April 23, 24, 25th, 2010

**Cost:** \$600 or \$550 Early Bird by March 19th

## Part II Immersion with Ellen Saltonstall

June 11, 12, 13th

July 9, 10, 11th, 2010

**Cost:** \$600 or \$550 Early Bird by May 21st

## Part III Immersion with Jimmy Bernaert

August 27-29th

Sept. 3-5th

**Cost:** \$600 or \$550 Early Bird by August 6th

## Immersion Discount Rates

### **All three Immersions**

**Cost:** \$1650; \$1500 early bird by March 19

## Times

Fri. 5 – 8:30pm

Sat 9am – 1pm, and 2:30pm – 6pm

Sunday 9am – 1pm, and 2pm – 4pm

## Location

Shakti Yoga

Geneseo, NY

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**deb neubauer** has been a long time student of John Friend since 1993 and was one of the first teachers to be certified to teach and train other teachers in Anusara Yoga. Since receiving her Anusara certificate in 2000, she has trained hundreds of students and prospective teachers in the Anusara method. Deb is known for her lively, dynamic and clear presentation of the principles of Anusara, and her commitment and dedication to the yogic path. Her teaching is inspired by her years of being steeped in the traditional yogic teachings and her conviction that every human heart is infused by Divine Essence.

[www.anahatayogacenter.com](http://www.anahatayogacenter.com)



**ellen saltonstall** has studied with John Friend since 1992 after an Iyengar Yoga background, and was Anusara certified in 2000. She teaches therapeutics, mixed level and intermediate classes and privates in her home studio at Union Square in NYC. Other offerings at the studio include Kinetic Awareness, a bodywork method using rubber balls to massage specific tight spots (great for yogis), Anusara Yoga immersions, teacher trainings, and workshops. Ellen has recently co-authored two books with Dr. Loren Fishman published by WW Norton: *Yoga for Arthritis*, March 2008, and *Yoga for Osteoporosis*, March 2009. She is currently working on an anatomy book for Anusara Yoga practitioners with Martin and Jordan Kirk.

[www.mohiniyoga.com](http://www.mohiniyoga.com)



**jimmy bernaert** has been a student of yoga since 1984. In 1996 he began intensive study with Anusara Yoga founder John Friend and in 2000 he became a certified Anusara Yoga teacher. Based on the Big Island of Hawaii where Jim teaches on-going classes, he also travels the US and internationally offering trainings, retreats and workshops. Jimmy offers his years of experience with the Universal Principles of Alignment, inspiring Tantric philosophy, and therapeutics which embody Anusara Yoga. Students experience the clarity of his understanding, his precise instructions and his warm and generous heart.

[www.flowingwithgrace.com](http://www.flowingwithgrace.com)