



Dive into Your True Self with A Deep Exploration of the Practices and Philosophy of Anusara Yoga®

Immersion Covers:

- Universal Principles of Alignment™
- In-depth asana practice
- Yoga Philosophy through the ages
- Meditation techniques and practices
- Energy Body - chakras, nadis, etc.
- Pranayama
- Anatomy
- Ayurveda
- and much more



YOGA Immersion and Teacher Training

with Vanessa Scott, Robyn Smith and special guests



Certified Anusara Yoga instructors, Vanessa Scott, from Ashland, OR, and Robyn Smith, from Arcata, CA, together have over 30 years of teaching experience. They have studied extensively with Anusara Yoga's founder, John Friend, and numerous other top instructors in Anusara and other yoga styles. They are excited to join forces to offer Ashland's first complete Anusara Yoga Immersion.

Immersion Dates

September 17 - 19	December 10 - 12
October 15 - 17	January 14 - 16
November 19 - 21	February 4 - 6

The Immersion is for anyone wanting to deepen their connection to yoga.

Pre-requisite: 30 hours of Anusara Yoga

Teacher Training: Learn to skillfully share yoga
March - July 2011

Pre-requisite: Completion of an Anusara Immersion

More info at AshlandYogaCenter.com or (541) 301-0177

Immersion located in Ashland, Oregon