

Anusara® Yoga Immersion 2012 at Still Yoga!!!



*With Certified Instructors
Hagar Harpak
& Maria Cristina Jimenez
plus special guest Tara Judelle.*

Spread generously throughout the spring this inspiring Immersion is a journey into Anusara Yoga, a sophisticated and elegant style of Hatha Yoga. Join other like-minded seekers into an in-depth overview of Anusara's Tantric philosophy, the five Universal Principles of Alignment, pranayama (breath work), meditation, contemplation, anatomy, and an exploration of the Yoga Sutras of Patanjali in part two, as well as the Bhagavad Gita in part three.

This Anusara Immersion is designed for devoted and dedicated students of yoga. It will be divided into three modules, each 36 hours, totaling 108 hours. Each module is progressive and brings the students deeper into their knowledge and refinement of Anusara Yoga. Furthermore, most of the Level 1 and Level 2 poses on the syllabi will be explored and presented.

<i>Part One:</i>	<i>Part Two:</i>	<i>Part Three:</i>
<i>March 2-4</i>	<i>April 6-8</i>	<i>May 11-13</i>
<i>March 9-11</i>	<i>April 13-15</i>	<i>May 18-20</i>
<i>March 23-25</i>	<i>April 27-29</i>	<i>June 1-3</i>

*Friday nights from 6:30-8:30PM
Saturday from 10-1PM & from 2-5PM
Sundays from 12:30-5PM*



All three parts of the Immersion: \$1,650
After February 1st, 2012: \$1,800

Individual Modules: \$650
After February 1st, 2012: \$700
*All prices include a \$150 non-refundable administrative fee

 All classes will be held at Still Yoga, 2395 Glendale Boulevard at Rockaway Plaza, Silverlake allstill.com

For more information or questions about the Immersion please contact: mariacristinayogi@gmail.com or hagarom@gmail.com

mariacristinayogi.com | hagarom.com | yogalila.net