

TEACHERS



Denise Stottmann
Certified Anusara yoga teacher,
E-RYT 500



Laura Beasley
Anusara-Inspired yoga teacher,
RYT 200, RPYT 200

Join us for this transformative journey into the Self as you discover and awaken with the infinite Light within and all around you.

Denise and Laura will inspire and guide you to explore and follow your unique yoga path to profoundly impact your life.



IMMERSION I: STEPPING INTO THE HEART

August 27-28, 2016

September 24-25, 2016

October 22, 2016

Establish a solid foundation in the fundamentals of Anusara® yoga by deeply connecting with its life-affirming philosophy and vision. Discover the beauty of the Universal Principles of Alignment™ and learn the history of yoga.

MAKE PLANS NOW TO GO ON THIS TRANSFORMATIVE JOURNEY!

IMMERSION II: DEEPENING THE JOURNEY

October 23, 2016

November 19-20, 2016

December 10-11, 2016

Study life-affirming Tantric philosophy and Patanjali's Yoga Sutras. Deepen your understanding of the body as we continue to study the key alignment details and anatomy of each class of yoga poses. Study and practice methods of pranayama.

IMMERSION III: PATH OF AWAKENING

January 28-29, 2017

February 25-26, 2017

March 11, 2017

Apply the perspective of Tantric philosophy to the Bhagavad Gita as it explores yoga along the paths of action, knowledge, and devotion. Continue to explore methods of pranayama and meditation and study the subtle and energetic anatomy of the human body.

TEACHER TRAINING SKILLS AND TECHNIQUES:

Begins September 2017

Synthesize the learnings from the immersions and make them your own! Study sequencing, effective language and voice, theming, adjustments, therapeutic applications, and taking the seat of the teacher.

200 HOUR TEACHER TRAINING, YOGA ALLIANCE APPROVED

Consists of Immersion I-III (100 hrs.) and Teacher Training Skills & Techniques (100 hrs.)

TIMES

Saturdays: 12:00 - 8:00 PM

Sundays: 2:00 - 7:00 PM

LOCATION

Infinite Bliss Yoga Studio
1507 Bardstown Road
Louisville, KY 40205

TUITION

- Early Bird All 3 Immersions - ONLY \$1700;
Rate available until 7/31/16 (Save \$175 when signing up for all 3!)
- Individual Immersions - \$625
- Early Bird 200-Hour Teacher Training - \$2900
Yoga Alliance approved (price includes immersions); Rate available until 7/31/16
- 200-Hour Teacher Training - \$3200
Yoga Alliance approved (price includes immersions)

See website for refund policy and for list of required reading. Texts are priced separately.



What is an Anusara® Immersion?

It is an in-depth program designed to explore the principles and philosophy of yoga in an organized and cohesive way. The structure of the Immersion provides a solid foundation for diving deeper into your practice and understanding of yoga, and creates an opening that can profoundly transform both your practice and your life!

In each Immersion we will explore:

- The Universal Principles of Alignment™
- Yoga Philosophy
- Anusara® Syllabus of yoga poses
- Anatomy
- Breathing Techniques (Pranayama)
- Meditation
- Journaling

Who can benefit from taking an Immersion?

Everyone! The Immersion is for yoga students of all levels who wish to take their practice and understanding of yoga to the next level. For aspiring teachers, it is the first half of the 200 hour Teacher Training Program.

BEGINS AUGUST 2016

Call (502)509-7755

or e-mail

denise@infiniteblissyoga.org

for more information

or to register

Infinite Bliss Yoga

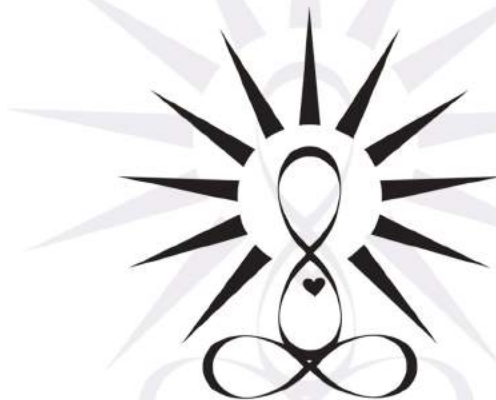
1507 Bardstown Road

Louisville, KY 40205

www.InfiniteBlissYoga.org



INFINITE BLISS YOGA



BEGIN THE JOURNEY



AUGUST 2016

Anusara Yoga
Immersion &
200-Hour
Teacher Training

For students and aspiring teachers