

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 2019

Call (502)509-7755

or e-mail

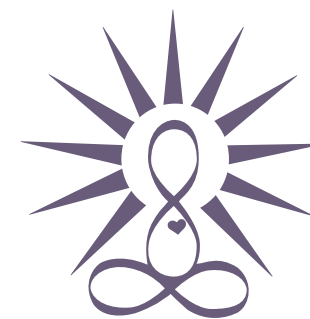
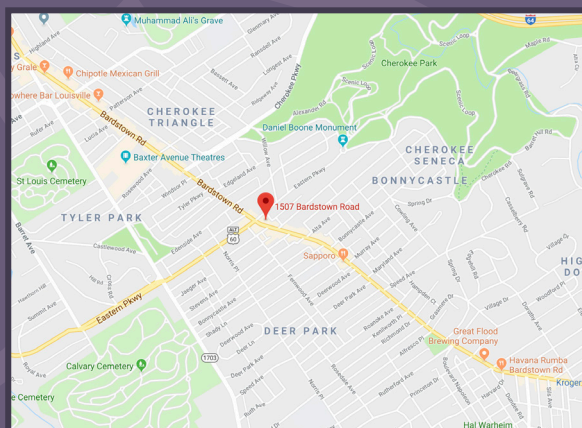
denise@infiniteblissyoga.org

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 2019



**ANUSARA YOGA
IMMERSIONS**

&

**200-HOUR
TEACHER
TRAINING**

**FOR STUDENTS AND
ASPIRING TEACHERS**



TEACHER

DENISE STOTTMANN

Certified Anusara yoga teacher,
Yoga Alliance E-RYT 500 & YACEP

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

Denise 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 24-25, 2019
September 28-29, 2019
October 26, 2019

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.

IMMERSION II DEEPENING THE JOURNEY

October 27, 2019
November 16-17, 2019
December 14-15, 2019

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 25-26, 2020
February 22-23, 2020
March 28, 2020

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 2019

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.)

**MAKE PLANS NOW TO GO ON THIS
TRANSFORMATIVE JOURNEY!**

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 \$1800

Rate available until 7/31/19
(Save \$225 when signing up for all 3!)

INDIVIDUAL IMMERSIONS \$675

**EARLY BIRD 200-HOUR
TEACHER TRAINING \$3000**

Yoga Alliance approved (price includes immersions)
Rate available until 7/31/19

**200-HOUR
TEACHER TRAINING \$3300**

Yoga Alliance approved (price includes immersions)

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

