

ANUSARA

BEGINS JANUARY 10

IMMERSION



with Michael Fukumura
CERTIFIED ANUSARA INSTRUCTOR

Please join us for a journey of self discovery and empowerment through an in depth 108 hour Immersion into all aspects of Anusara Yoga. This comprehensive program will transform your practice, teaching, and life. Delight in the power of an immersion into the essence of this enlivening practice, and reveal new insights about your sacred Self on all levels.

We will gather as a community in a sacred, uplifting environment, to discuss and experience the depth and elegance of Anusara Yoga. The program will delve into asana (postures), pranayama (breath work), meditation, anatomy, therapeutics, and yogic philosophy. This program is designed for the enthusiastic student and aspiring teachers of Anusara Yoga. This three part Immersion program is the foundation and pre-requisite for the Anusara level 1 teacher training program. Each immersion may be taken independently however, they are progressive and do build on each other. Full curriculum details for each Immersion and registration available at www.bodaciouslivingyoga.com

Also Featuring Guest Instructors

Douglas Brooks, PHILOSOPHY SCHOLAR | April 18 & 19

Darren Rhodes, CERTIFIED ANUSARA INSTRUCTOR | August 14 - 16

Sally Kempton, MEDITATION TEACHER & AUTHOR | Fall date TBA

Immersion Students receive a special 20% discount on these Renowned Anusara Guest's and attendance at these trainings is optional.

We will meet 3 weekends per Immersion

Saturday: 12:45 - 5:00 & 6:30 - 8:30

Sunday: 12:15 - 4:45 & 6:45 - 8:00

IMMERSION I - ALIGN WITH THE DIVINE

January 10 & 11 | February 7 & 8 | March 7 & 8

IMMERSION II - RIDING THE WAVES OF SHAKTI

April 25 & 26 | May 16 & 17 | June 13 & 14

IMMERSION III - UNFOLDING THE LOTUS OF THE HEART

July 12 & 13 | August 8 & 9 | September 12 & 13

Register for the full program by
December 21, 2008 and save \$100

One Yoga Immersion \$710

Yoga Immersion I, II, III \$1,950

Payment plans require prior authorization

SAVE THE DATE

ANUSARA LEVEL 1 TEACHER TRAINING

pre-requisite: completion of Immersions I,II,III

October 10 & 11 | November 7 & 8 | December 5 & 6

Not included in Immersion Program

BODACIOUS



LIVING

Yoga Studio & Boutique