

Diving into the Heart of Anusara® Yoga

A 100–Hour Immersion with Certified Anusara® Yoga Instructor Becky Klett

Immerse yourself... in 100 hours of study and exploration designed to deepen your practice and understanding of the elegant system of Anusara Yoga. Appropriate for any serious, enthusiastic Anusara Yoga student, the 3-part Immersion series is also a prerequisite for anyone wishing to pursue Anusara Yoga Teacher Training. Each month, you will participate in group asana practice, lecture & discussion, meditation, pranayama, journal writing, and more. The core of the Anusara Yoga Immersion curriculum provides in-depth focus on the Universal Principles of Alignment, Spirals & Loops, the 3 A's (Attitude, Alignment & Action), and Anusara Yoga's underlying Tantric philosophy. An Immersion is a commitment to yourself and your practice, and involves outside reading and other assignments. Each Immersion experience is unique and deeply personal. You'll develop meaningful relationships with a community of likeminded students who are ready to assimilate the beauty of their yoga practice into the fabric of their daily lives. The instructor's sincere goal is to empower you to respect and honor your yoga practice, and awaken to the radiance of your true nature.



*"The Heart is the hub of all sacred places;
go there and roam"*
-Bhagawan Nityananda

Immersion Prerequisites

Part 1: 30 hours or 3 months of Anusara Yoga experience, or approval by the instructor.

Part 2: Completion of any Part 1 Anusara Yoga Immersion

Part 3: Completion of any Part 1 and Part 2 Anusara Yoga Immersion

Immersion Tuition

\$500 for each part (2 weekends) if paid in full

\$260 if paid in 2 payments

Immersion Class Dates

Part 1 : October 21–23, 2011 & December 9–11, 2011

Part 2 : January 20–22, 2012 & February 10–12, 2012

Part 3 : March 9–11, 2012 & March 30 – April 1, 2012

For an Application or More Information

Contact the instructor:

becky@dentonyogacenter.com

940.597.4886

Class Location

Denton Yoga Center

118 W. Congress St.

Denton, TX 76201

940.597.4886



Becky Klett is a Certified Anusara Yoga instructor and owner of Denton Yoga Center. She has studied extensively with John Friend, founder of Anusara Yoga, and other notable Anusara instructors. Becky is a Yoga Alliance Registered Yoga Teacher (RYT).