

# A Year of Grace

A 108-Hour Immersion with Certified Anusara® Yoga Instructor Becky Klett

**Immerse yourself...** in a nine-month series of study, practice, and exploration designed to deepen your practice and your understanding of the elegant system of Anusara Yoga. Appropriate for any serious Anusara student, this 108 hour series in 3 parts is also a prerequisite for anyone wishing to pursue Anusara Teacher Training.

Each month, you'll participate in group asana practice, lecture & discussion, meditation, pranayama, journal writing, and more. A detailed curriculum is listed below.

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 first Principle of Alignment – Opening to Grace – is always where we begin. From there, we can rediscover our own intrinsic goodness, and find joy, freedom and peace."*

*-Becky Klett*



## Class Information

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### Part 1

March 27 & 28  
April 9, 10, & 11  
May 15 & 16

### Part 2

June 5 & 6  
July 17 & 18  
August 14 & 15

### Part 3

September 25 & 26  
October 16 & 17  
November 13 & 14

### Class Hours (all months except April)

Saturdays 1:45pm – 7:00pm  
Sundays 9:00am – 4:30pm

### April class hours

Friday, Saturday & Sunday 9:00am – 5:00pm  
(taught by Ross Rayburn)

### Class Location

Surya Center for Yoga  
848 South Denton Tap Road  
Coppell, Texas

(972) 304-8484

## Tuition & Fees

\$495 for each part (3 weekends)  
\$175 per month if paid monthly  
Tuition includes Anusara Immersion Manual by John Friend.  
Other reading material will be assigned. Estimated additional cost (not included in tuition) is \$50.

## Deadlines

March 22– Registration deadline  
March 22– First three-month session (or monthly payment) due.  
March 26 – Last day for refund of payments less a \$15 administrative fee.  
No refunds given after 9 am March 26.

## Detailed Curriculum

### *Part 1*

- A comprehensive exploration of the Universal Principles of Alignment, the 3 A's of Anusara Yoga, Spirals & Loops.
- Basic Anusara Yoga Philosophy & Vision, broad overview of the History of Yoga, Fundamentals of Practice, Ethical Precepts, & Basics of Studentship.
- Fundamental Pranayama, Meditation, Journaling, & Contemplation.
- Elemental Anatomy, Primary Muscles of the Shoulders & Hips, & Anatomy of Breathing.
- Introduction to Anusara Yoga's Level I Syllabus.

### *Part 2*

- Review & continued exploration of the Universal Principles of Alignment.
- More in-depth study of Anusara Yoga philosophy, including the Tattvas, the Five Elements, and Studentship.
- Overview of the Yoga Sutras of Patanjali.
- Subtle body anatomy (Kundalini, chakras, nadis & koshas).
- More in-depth Pranayama, Specific Meditation Techniques, Journaling, & Contemplation.
- Overview of the Art of Sequencing.
- More on kinesiology of main muscle groups of shoulders, hips, arms & legs.
- Introduction to Therapeutic Aspects of the Universal Principles of Alignment.
- Continuation of Level I Syllabus and Introduction to Level II Syllabus.

### *Part 3*

- Review & continued exploration of the Universal Principles of Alignment.
- The Bhagavad Gita and the integration of Karma, Jnana & Bhakti Yoga.
- Continued Pranayama, Meditation, Journaling, & Contemplation.
- Continued review of Sequencing.
- More on kinesiology of main muscle groups of shoulders, hips, arms & legs.
- Continuation of Level I and Level II Syllabi.

## *Required Texts*

- Anusara Immersion Manual by John Friend.
- Other texts as directed by instructor.

## Expectations for Participants

- If possible, commit to attending all sessions of the 9-month series.
- Come with a heart open to transformation, and a willingness to support the efforts and journey of the other Immersion students.
- Arrive on time for each class session. Bring your yoga mat, a journal, and assigned reading materials to each class.

### *Registration*

- Registration deadline is March 22, 2010.
- Contact Becky for Immersion application and registration forms. (See contact information below)

### *Need More Information?*

- If you have any questions about the immersion Curriculum, requirements, or prerequisites, please email [becky@dentonyogacenter.com](mailto:becky@dentonyogacenter.com) or call (940) 597-4886 or visit [www.dentonyogacenter.com](http://www.dentonyogacenter.com)

## About the Instructor

Becky Klett is a Certified Anusara Yoga instructor whose uplifting teaching style inspires her students to open to their innate grace and strength. Insightful and dedicated, she offers a safe environment where students of all levels can feel supported and challenged.

A student of Anusara Yoga since 2000, Becky is grateful for the wisdom and guidance of her own teachers. She has studied extensively with John Friend, founder of Anusara Yoga. Becky has completed over 1,500 hours of training, including multiple Anusara Yoga Teacher Trainings and 6 Yoga Therapy Trainings with John Friend. Additionally, she has studied with other notable Certified Anusara Yoga instructors including Todd Norian, Desiree Rumbaugh and Charly Pivert, and completed pre and post-natal yoga training. Currently, she is also studying meditation and yoga philosophy with Paul Muller-Ortega, Ph.D. Becky is the owner of Denton Yoga Center and a Registered Yoga Teacher with the Yoga Alliance.

Becky's love and understanding of the elegance of Anusara Yoga shines forth through her teaching. A dedicated student herself, she is committed to ongoing study with John Friend and other Anusara Yoga teachers as often as possible. She is grateful to have found this path and to be able to share it with others.

## Special Guest Teacher

Ross Rayburn will be teaching the 2nd weekend of Part 1— April 9, 10, & 11.

Ross is a Certified Anusara Yoga instructor, teacher trainer, and is on the Anusara Certification Committee. He started teaching in 1999 and was certified by John Friend in 2003.