

Anusara Immersions with Marc St. Pierre September and October 2009

What is an Anusara Immersion?

The Anusara Immersion, designed by founder John Friend and taught throughout the world by his certified teachers, is an excellent opportunity to advance your yoga practice, deepen your understanding of Tantric philosophy and help you live a more empowered and joyful life.

It is taught in three Parts of two 18 hour weekends each. You can take parts separately, but you must have taken Part 1 or 2 to take Part 3. You may also take different parts with different instructors.

Who should take one?

We welcome all dedicated yoga students and potential future teachers with a desire to immerse themselves in the study of Anusara yoga philosophy, alignment, meditation, pranayama and anatomy. This is an opportunity for the serious student to delve into the larger Anusara yoga community and pursue an in-depth exploration of Anusara without any pressure to teach.

What can I expect?

Each three day weekend will include asana practice and philosophy discussions, as well as meditation and pranayama in the context of a supportive community. There will be recommended readings as well, including study of the Bhagavad Gita in Part 3.

Marc St. Pierre is an energetic and dedicated certified Anusara teacher. He has the gift of making the teachings accessible, fun and transformative.

Come join us! This is a very special opportunity in our home town and space is limited!



Part 2 – From Heaven to Earth: The Akashic Field Embodied

September 11–13 &
September 18–20

Friday 12 noon–9:00pm
Saturday 10:00am–5:30pm
Sunday 8:30am–3:00pm

Part 3 – Divine Light of the Humble Heart: The Service of Yoga

October 23–25 &
October 30–November 1

Friday 12 noon–9:00pm
Saturday 10:00am–5:30pm
Sunday 8:30am–3:00pm

Payment: Part 2 or Part 3 individually (two weekends): \$595 if full payment is postmarked by 4 weeks before first class (August 14 and September 25); \$625 thereafter.

Parts 2 and 3 together: \$1150 if paid by August 14. Must be paid in full by first class. \$200 non-refundable deposit will hold your place.

Email center@newburyportyoga.com or call Leigh at 978-335-1334



Yoga Center
of NEWBURYPORT

12 Maple Street Newburyport, MA 01950
978.463.4354 center@newburyportyoga.com

www.newburyportyoga.com