

ANUSARA YOGA IMMERSION – Pt. 2

From Heaven to Earth:
Embodying the Field of Akasha

with Marc St. Pierre

May 14-16 and May 21-23

Fri. 11a-6p

Sat. 12:15-6:15p

Sun. 9a-3p

\$595 if pay by 4/23

\$625 after 4/23



What is an Anusara Immersion?

The Anusara Immersion, designed by founder John Friend and taught throughout the world by his certified teachers, is the beginning of an integral exploration and study that will support your yoga practice in becoming an ever more meaningful cornerstone in your life. Anusara Yoga is a complete, holistic and evolving system and one of the most concise and transformational methods to date in which you may immerse yourself with great confidence and enthusiasm. In other words, "You can bank on it!" **The Immersion is taught in three 36 hr parts (each part is two 18 hr weekends) for a total of 108 hrs.** You can take parts separately and with different teachers or out of order but you must take Pt 1 or 2 to take Pt 3.

Where Immersion 1 introduces the student to the methodology of Anusara Yoga, Immersion 2 amplifies and refines the system to reveal the incredible matrix in which we exist. We will explore the levels of existence from the Absolute, through the Psychical, to the Physical Relative and what it means to practice so we may channel the energy of the Divine, and feel its pulsation in our every day life. Through the exploration of asana (Syllabus 2), pranayama, meditation, and more in-depth view of Shiva/Shakti Tantric Philosophy, the student will have the opportunity to embody the Divine with a higher consciousness.

Who should take Immersion 2?

Those who have taken Immersion 1, dedicated yoga students (of all levels of physical ability), potential future yoga teachers and current teachers with a desire to immerse themselves in the study of Anusara yoga philosophy, alignment, meditation, pranayama and anatomy. Permission of instructor requested, if you have not taken Immersion 1.

Marc St. Pierre: Marc is a Certified Anusara Yoga teacher. He teaches internationally and had the good fortune to establish Anusara on the fantastical island of Maui, where he lived for seven years. Marc now travels and teaches and cannot believe this is his "job!" Clearly, and with enormous gratitude for the Anusara community, and for John Friend, Marc celebrates teaching yoga as his vocation and service. "Marc is a loving and knowledgeable kick in the pants!"

.....
Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

ANUSARA IMMERSION – PT 2 Cost: \$595 by 4/23 _____ \$625 after 4/23 _____

FORM OF PAYMENT: CASH _____ CREDIT CARD _____ CHECK _____ (payable to Laughing Dog Yoga)

Credit Card #(Visa, Mastercard) _____ Exp. Date _____ CVV _____

**MAIL TO: Laughing Dog Yoga, 159 Linden St., 2nd flr, Wellesley, MA 02482
781-235-9642 info@ldyoga.com www.ldyoga.com**

