

Immersion 1,2 & 3

with certified Anusara® teachers
Kenny Graham and Ross Rayburn

Immersion 1 25-29 January 2012, Kenny
Immersion 2 18-22 April 2012, Ross
Immersion 3 20-24 June 2012, Kenny



Price

- 1 Immersion € 550,-
- 2 Immersions € 1000,-
- All 3 Immersions € 1550,-

early bird discount of 10% for Immersion 2 & 3, if paid before March 1st.

Location

Studio Luce, Wibautstraat 150, 1091 GR Amsterdam



Anusara Immersion-Beauty, Truth and Freedom with Kenny Graham and Ross Rayburn

The Immersion is a basic and introductory course in the fundamental principles of Anusara's Tantric philosophy and asana alignment and practice. All 3 parts equaling 100hr must be completed to earn certificate of completion and become eligible for the Anusara Teacher Training. The method of Anusara is elegant in its simple organization, yet the philosophy and practice are highly sophisticated. In this comprehensive training, students will study every aspect of Anusara yoga in detail. This includes: all asanas from the Level 1 and 2 syllabi, yoga philosophy, all components of the biomechanics and the opportunity to be with great company in a circle of community.

For details go to 2nd page.



Bio Kenny

Kenny Graham is a fully Certified Anusara Yoga teacher. He has studied under the best teachers in the world and is full of gratitude for his teacher and mentor Anusara Yoga's founder John Friend. Kenny teaches workshops, teacher training's, immersions and retreats in the United States and around the world. His passion is to support others in finding more ease in their life and in discovering their own unlimited potential. Kenny's broad knowledge of yoga is taught in a kind and authentic way that brings students deeper into their own hearts with self acceptance, honesty, compassion and love.

Bio Ross

As Kenny, Ross is also a fully certified Anusara teacher. In 1999 he met John Friend during a workshop in Santa Monica, he knew he found someone he wanted to study with and did so the next 4 years. Ross owned his own studio in LA, but decided that to travel the world and teach. He loves meeting yogi's all over the world, they inspire him to a whole new level. His hope and faith is that yoga continues to grow. All yoga. Ross believes with all his heart that, ultimately, spirit is in charge and whether it's in a gym or an ashram, peace, joy and love can happen. Seek the highest, find the deepest and do your best to ride the waves of grace.



Information & registration

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Immersion Part 1. 34hrs

Beauty

- Introduction to the Tantric Philosophy including the concepts of intention, pulsation and highest purpose of the practice
- The transformative power of the Universal Principles of Alignment in practice
- Exploration of the Level 1 syllabus
- Pranayam and meditation
- Journaling/contemplation
- Basic anatomy

"When you reach the heart of life you shall find beauty in all things." Kahlil Gibran

Immersion Part 2. 34hrs

Truth

- Philosophy covering the power of community, cycles of creation and an exploration into the Yoga Sutras of Patanjali
- Deepening knowledge of the Universal Principles of Alignment in practice and therapeutic applications
- Stepping into the level 2 syllabus
- Pranayam and meditation
- Journaling/contemplation/sharing
- Anatomy covering muscles of shoulders and hips

"There are only two mistakes one can make along the road to truth; not going all the way, and not starting." Buddha

Immersion Part 3. 34hrs

Freedom

- Philosophy with a focus on the teachings of the Bhagavad Gita and subtle body anatomy
- Finding greater freedom through the Universal Principles of Alignment
- Expanding in the Level 2 syllabus
- Expanded pranyam and meditation
- Journaling/contemplation/sharing
- Anatomy including overview of joints
- Rocking final class and closing

"I want freedom for the full expression of my personality". Mahatma Gandhi

Yoga texts to use for an Immersion are:

The Anusara Immersion Manual and the Teacher Training Manual ~ John Friend

Anatomy of Movement ~ Blandine Calais Germain

A copy of Patanjali's Yoga Sutras ~ Any/Several Translations

A copy of the Bhagavad Gita ~ Any/Several Translations