

ANUSARA IMMERSION

Led by Amber Huttner
Three Weekends in Minneapolis, Minnesota
January 15, 16, 17
February 5, 6, 7
February 26, 27, 28



Kick off the New Year with an Anusara Yoga Immersion. Buckle up with other wild-haired, smiling yogis and enjoy the pleasure of celebrating universal truths, Tantric philosophy and alignment principles sure to set your practice and your heart on fire. The Immersion is 36 hours long and is taught over three weekends. We begin at the new moon in January and we end on a full moon in February. Auspicious? Yes. Amazing? Absolutely. The stars have aligned and the time is right. Your guide is an experienced certified Anusara yoga teacher who is dedicated to helping you succeed. Everything you need is available. Go for it. It's all good!

Amber

Immersion Overview: Based on a curriculum developed by John Friend, founder of Anusara yoga, dedicated yogis and prospective Anusara teachers will deeply explore Anusara yoga, including asana, philosophy, pranayama, and meditation. This session is the first of three immersions required prior to taking Anusara teacher training.

The Immersion Includes:

- An in-depth exploration of the Universal Principles of Alignment and introduction to the use of props
- Anusara yoga philosophy overview including fundamentals of practice, ethical precepts, basics of studentship and overview of the history of yoga
- Elemental anatomy and anatomy of the breath
- Exploration of pranayama and meditation
- Instruction and practice on all the poses from Anusara's Level 1 syllabus
- Use of journaling, contemplation, and small group discussion

Prerequisites: 30 hours of Anusara yoga classes, workshops or retreats with a certified or inspired Anusara teacher, or with permission of Amber Huttner.

Immersion Instructor: Amber Huttner is a highly trained and well-known teacher, certified in Anusara yoga in 2001. She brings a wealth of technical expertise along with humor, compassion and heart-felt instruction to her teaching. Her students benefit from her enormous enthusiasm for life and dedication to helping them laugh, learn, grow and appreciate their lives on every level.

Dates: January 15, 16, 17
February 5, 6, 7
February 26, 27, 28

Times: Fridays: 6:00 pm - 9:00 pm
Saturdays: 9:00 am - 12:00 pm
 2:00 pm - 5:00 pm
Sundays: 10:00 am - 1:00 pm

Place: Good Life Yoga studio

Cost: \$600 plus \$12 for materials

Registration

Please complete an immersion registration form available at goodlifeyoga.com.

Mail the form and a check made payable to Good Life Yoga at the address below.

Good Life Yoga
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Deephaven, MN 55391
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