

ANUSARA IMMERSION



Led by Amber Huttner
Three Weekends in Minneapolis, Minnesota
October 9, 10, 11
October 23, 24, 25
November 20, 21, 22

You practice yoga. You live your life. In an immersion, you realize you are living life as a yogi – on and off the mat. Are you ready to take that step? This is an amazing opportunity to tune into the grand pulsation of your heart with an experienced teacher dedicated to seeing you realize your own radiance. Take the Anusara yoga immersion ride. 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. 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: October 9, 10, 11
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November 20, 21, 22

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

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
18285 Minnetonka Boulevard
Deephaven, MN 55391
952-913-6557
info@goodlifeyoga.com