

Immersion & 200 Hour Teacher Training

for students wishing to deepen their practice
and aspiring teachers

JANUARY- APRIL 2019



Make plans now to go on this transformative journey!

Immersion I: Stepping Into the Heart

Jan 11-13 & 18-20

Establish a solid foundation in the fundamentals of Anusara Yoga® by deeply connecting with its life-affirming philosophy and vision. Study the three world views of yogic philosophy. Discover the beauty of the Universal Principles of Alignment™ and explore the history of Yoga.

Immersion II: Deepening the Journey

Feb 1-3 & 8-10

Study life-affirming Tantric philosophy and the Yoga Sutra of Patanjali. Deepen your understanding of the body as we study the key alignment details of poses and the therapeutic applications of Anusara Yoga®. Develop your own meditation practice.

Immersion III: Path of Awakening

Feb 22-24 & Mar 1-3

Apply the perspective of Tantric philosophy to the Bhagavad Gita. Explore the gifts of meditation. Develop your own practice of Yogic breathing (Pranayama) and learn the magic of subtle adjustments in your asana practice.

Teaching Skills & Techniques

Mar 15-17, 22-24, Apr 5-7, 12-14 & 26-28

Synthesize the learnings from the immersions and make them your own! Study sequencing, effective language and voice, and taking the seat of the teacher.

Plus, individually scheduled:

8 hours of mentoring*

6 hours of electives*

10 hours of self study

200 Hour Teacher Training:

Consists of Immersions I-III &
Teaching Skills & Techniques

Prerequisites:

30 hours Anusara Yoga (classes and/or workshops) or instructor permissions.

Note: interview and application required for the 200 hour TT (but not for immersions). Contact Yoga Village for any questions if you are not starting with immersion I or the beginning of the 200 hour TT.

Tuition: Save up to \$575!*

Each Immersion \$625 /\$600* until three weeks before start dates (12-14, 1-11, & 2-1)

All three Immersions ONLY \$1700 until 12-21. Save up to \$175!

YV 200 Hour Teacher Training (includes Immersions): **\$3100 /\$2900** until 12-14.

Teaching Skills & Techniques: \$1600 (separate from Immersions)

Times and Location:

Friday and Sunday in Scottsdale; Saturday in Fountain Hills

Fri: 4:30-8:30pm, Sat: 8:30am-5:30pm, Sun: 11:45am-3:15pm

See refund policy in brochure.

Notes:

Additional practice classes priced **separately**.

Yoga Village reserves the right to substitute qualified staff and make schedule or location changes when necessary. See website for required reading, texts priced separately.

*Discounts are applied when purchasing the full training up front. Payment options are available.

Anusara Certified Faculty



Barbara Adams
Anusara Certified,
E-RYT 500
Owner, School
Administrator
Lead Instructor



Angie Santucci
Anusara Certified,
E-RYT 500



"Quality of instruction is top-notch, in the Anusara tradition." - SG