

Anusara Yoga Immersion 2009

with Todd Norian & Ann Greene

Vergennes, Vermont Part 1: September 11-15 Part 2: October 8-12 Part 3: December 2-6

Designed for aspiring teachers and yogis who want to deepen their practice, this Immersion will support you in awakening your heart and living a more meaningful and empowered life of freedom and joy.

During each part, you will dive deeply into the essence of the Anusara method. You will learn the Universal Principles of Alignment in an in-depth, systematic way, explore the revelatory teachings of Tantra philosophy, and practice the subtle art of pranayama and meditation. Contemplation, journal writing, and a supportive and uplifting community will deepen your experience.

All three parts offer a comprehensive understanding and embodiment of Anusara Yoga. Each is 35 hours and builds on the previous session. You may register for each part separately or take all three. For those intending to continue with Todd's 200-Hour Anusara Yoga Teacher Training, completion of all 3 parts of the immersion is a prerequisite. Visit www.deepeaceyoga.com for more information.

Prerequisites

Part 1

30 hours of study with a certified or Anusara-Inspired teacher.

Part 2

Completion of any Part 1 Immersion or teacher's permission.

Part 3

Completion of any Part 1 and 2 Immersion or teacher's permission.

Curriculum

For detailed description of the content of each part, please visit deepeaceyoga.com/ytt/immersion.htm.

Schedule

Generally 8:30–12:30 and 2:30–5:45 every day. Last day ends at 12:30 p.m. One evening session TBA. Final schedule will be sent in a confirmation letter prior to each Part.

Registration

Download your application at coppercraneyoga.com, or contact Carolyn Conner, 179 Main street, Suite 2A, Vergennes, VT. 05491, 802-877-3663, info@coppercraneyoga.com. Additional information will be sent once your application is accepted.

Tuition

\$1800 for all 3 Parts if paid in full by Aug. 21 (\$285 savings!)
\$695 per Part
\$650 per Part if paid by Aug. 21 for Part 1,
by Sept. 17 for Part 2,
and by Nov. 11 for Part 3.

Additional Costs Include

Accommodations, transportation, meals, and required books.

Cancellation

Full refund less a 10% administration fee up to 10 days prior to start day. Between 10 days prior up to but not including the start day, 75% refunded. No refunds starting the first day of the session.

Required Texts

See list of required books at deepeaceyoga.com or coppercraneyoga.com.

Please Bring

Journal and pen, sticky mat, 2 blocks, yoga strap, and 2-3 stiff blankets.



Todd Norian and Ann Greene, two of Anusara's most open-hearted and inspirational teachers, are a dynamic husband and wife team who share a passion

for teaching yoga. They teach with the deepest intention to awaken the hearts of others to their true nature of unlimited joy. Through personal sharing and profound philosophical insights, combined with precise technical guidance and a warm sense of humor, Todd and Ann create an opportunity for transformation and self-empowerment in each student. Todd has been a student of yoga since 1980 and Ann since 1988. They have studied with John Friend since 1997 and offer workshops internationally. Todd directs a 200-hour Anusara Yoga teacher training, and as an accomplished musician, has created several music CDs for yoga. www.deepeaceyoga.com.



"Todd is one of the most heart-oriented yoga teachers I know. He can effectively show any other yoga teacher how to connect to the heart of the students and to instruct in a deeply transformative way. Just being around Todd softens your heart and brings a smile to your world."

~John Friend, Founder Of Anusara Yoga