

ANUSARA YOGA IMMERSION W/ ROBIN GOLT

Empowering, Revelatory & Heart-Opening!

Dedicated students and aspiring teachers are invited to study the magic & the method of Anusara Yoga in the upcoming Immersion Program with Robin Golt at Inner Space Yoga. Together with a group of like-minded yogis, you will be guided through a fascinating investigation and ever-deepening experience of this sophisticated and life-affirming yoga system.

The Immersion curriculum, designed by John Friend, founder of Anusara, is offered in 3, 5- day modules, each one a powerfully sweet blend of instruction, lecture, discussion, and yoga practice. This complete 100-hour program will awaken and empower you, opening the doors to a multi-layered understanding of the fundamental elements of Anusara yoga, including Shiva Shakti Tantra Philosophy and the Universal Principles of Alignment™.

The Immersion is the foundational Anusara yoga program, and is the main prerequisite for any Anusara Yoga Teacher Training Program.

The Inner Space Yoga Immersion will be taught by Robin Golt, one of Canada's most experienced Anusara yoga teachers and teacher-trainers who has been teaching Immersions since 2004.

An overview of what you will receive during the Immersion:

- A solid grounding in the Anusara yoga Universal Principles of Alignment (open to grace, energy flows, loops & spiral, and more!)
- Investigation of the life-enhancing, heart-opening Shiva-Shakti Tantric philosophy that informs Anusara yoga; Tantric metaphysics and cosmology, including the remarkable cosmological model of the tattvas developed by the Kashmir Shaivite tradition – all taught in a way that is relevant to your practice & your life
- A history of the origins & various streams of yoga & its philosophy; the tradition & path of Studentship
- The Yoga Sutras of Patanjali examined on its own terms and through the enlightening & accessible viewpoint of Tantric Philosophy
- The Bhagavad Gita
- Meditation, Pranayama, & Contemplation practice.
- Basic Anatomy & Kinesiology
- Approximately 3.5 hours of asana practice in each 7-hour day.

October 2011-March 2012



Immersion 1, Oct. 22-26

Immersion 2, Feb. 1-5

Immersion 3, March 23-27

TUITION & FEES:

Early bird registration is \$675 including tax. Early registration closes 60 days prior to each Immersion. Regular tuition is \$750 including tax. Other costs will include purchase of the books on the required reading list.

REGISTRATION:

To apply for the 2010 Immersion, please email info@innerspaceyoga.ca.

We will send you a short registration form to complete. Once we receive your completed registration form, with a \$175 deposit, we will forward you the reading list and other information about the Immersion.