

Yoga at St. Mark's



Join **Lynn Lakusiak & Robin Golt**

for the Upcoming

Winnipeg 100-hour Anusara® Yoga Immersion Program September 2011 – January 2012

The Anusara Yoga Immersion Program is a great journey into Anusara yoga philosophy and technique, and provides a powerful framework for your own deepening relationship with the practices of asana, meditation, pranayama, study & contemplation.

Offered by Certified Teachers **Robin Golt** of Montreal and **Lynn Lakusiak**, Winnipeg's own, this Immersion program promises to be fun, heart opening, and deeply informative on many levels – a Winnipeg yoga event not to be missed

*The Immersion curriculum, designed by **John Friend**, the founder of Anusara yoga, is both educational and transformational. The complete program is 100 hours in total, and is divided into 3 parts, with each part offered individually over the course of 5 days, and will cover the following topics:*

- The Anusara yoga **Universal Principles of Alignment™** (systematic study of Opening to Grace, Muscular & Organic Energy, the Spirals & Loops)
- the **3 A's**, (auxiliary principles & general principles for all classes of poses)
- Exploration of the life-enhancing, heart-opening vision of **Shiva-Shakti Tantric philosophy** that informs Anusara yoga, with an overview of Tantric metaphysics
- A history of the origins & various streams of Yoga & its philosophy; the tradition & path of studentship
- An introduction to the remarkable cosmological model of the tattvas developed by the **Kashmir Shaivite** tradition
- An exploration of the **Yoga Sutras of Patanjali** examined through the enlightening & accessible viewpoint of Tantric philosophy
- Study of **The Bhagavad Gita**
- Meditation, Pranayama, Chanting & Contemplation
- Anatomy & Kinesiology

You can expect approximately 3 hours of asana instruction per 6-hour day.

Part 1: Sept. 21-25/11
Part 2: Nov. 23-27/11
Part 3: Jan. 25-29/12

Pre-requisites:

The recommended pre-requisite for the program is 30 hours of Anusara Yoga classes and/or workshops.

Additional Course Requirements:

Upon registration, you will receive the list of required and recommended texts. During the course of the Immersion, there will be required reading, written assignments & in-class quizzes. You will also be asked to attend weekly Anusara yoga classes to help integrate your studies.

Course Fees:

Full 100-Hour Program (3 modules)

Regular rate: \$1900 + gst

Early-Bird: \$1800 + gst.

(To qualify for this rate, we must receive your payment by Aug. 15, 2011)

Single Immersion Part (33 hours)

Regular: \$700 + gst

Early Bird: \$ 650 + gst.

(To qualify for this rate, we must receive your payment by Aug. 15, 2011)

How to Register:

Contact Lynn Lakusiak (lynn@yogaatstmarks.com) to receive a registration form.

Fill in the registration form and submit it with your \$200 deposit (non-refundable) to:

Lynn Lakusiak

622 Warsaw Ave. Winnipeg, MB R3M 1C6

(A flexible payment plan is available. Please see details in the Registration Form.)

For questions or for more information,
feel free to contact either Robin Golt (robin@robingolt.com) or Lynn Lakusiak (lynn@yogaatstmarks.com)