

Full 100-Hour Immersion in Anusara® Yoga **Open Lotus Studio, Köln Germany**

With Jayendra Hanley and Special Guests
Marc Holtzman and Carlos Pomedá

Anusara means “flowing with Grace” or “following your heart”. Founded by John Friend in 1997, Anusara® yoga is a hatha yoga system that features Universal Principles of Alignment and a non-dual Tantric philosophy that is epitomized by a “celebration of the heart”. Anusara philosophy begins with the recognition that one universal spirit pulsates as the essence of everything, and by practicing yoga with the Universal Principles of Alignment we can experience this divine energy in our bodies, our hearts, and in the entire world.

About the Immersion Program

An Immersion in Anusara yoga is a series of workshops consisting of 100 hours of in-depth study that cover in detail all the basic elements of philosophy and asana alignment technique for Anusara Yoga. The Immersion is designed to provide a good foundation of practical understanding of Anusara Yoga for all serious students, and for those who wish to prepare for Anusara Teacher Certification. (For more details about teacher certification, please see www.anusara.com.)

The main topics in the Immersion are philosophy, asana technique with a focus on the Universal Principles of Alignment, anatomy, breath and pranayama, and meditation.

Who would benefit from an Immersion in Anusara yoga?

- Anyone interested in receiving a comprehensive experience of Anusara yoga.
- Seriously playful hatha yoga students who want a dynamic, fun asana practice based on the scientific art of Anusara yoga.
- Yoga students who want to understand the context for our hatha yoga practice by studying yoga philosophy, especially by reading some of the classic scriptures and exploring the pinnacle of Indian thought, the philosophy of non-dual Tantra.
- Current teachers of yoga who want to learn a new style of yoga that is grounded in tradition and at the same time, in tune with the modern world.
- Those who want to become hatha yoga teachers and are looking for a training program that is comprehensive and based on the finest principles of teaching available today.

About Anusara Teacher Training

The main prerequisite for Anusara teacher training is to complete a full 100-hour Immersion in Anusara yoga. Usually, Jayendra will offer an Anusara Teacher Training upon the completion of an Immersion, depending on the level of interest in having one.

Anusara Immersion in Köln Germany:

Part 1: “Awakening the Heart” – March 17-18, April 28-29 with Marc Holtzman, May 26-27

- ~ Overview of Anusara philosophy, vision and culture
- ~ Introduction to the Universal Principles of Alignment
- ~ Broad overview of the history of yoga with emphasis on the Vedas, Classical Yoga of Patanjali, Advaita Vedanta, and Tantra – taught by Carlos Pomedá
- ~ *The Yoga Sutras of Patanjali* – taught by Carlos Pomedá
- ~ Natural breath and Ujjayi Pranayama
- ~ Open or Witness style of meditation
- ~ Anatomy of the breath and the spine

Part 2: “Refining our Awareness” – June 22 (evening) -24 with Carlos Pomedá, October 4-7 with Jim and Ruthie Bernaert

- ~ More of Anusara philosophy, vision and culture
- ~ More about the Universal Principles of Alignment
- ~ *The Bhagavad Gita* with Karma, Jnana, and Bhakti yogas
- ~ Continue study and practice of pranayama: Viloma and Digital pranayama (Surya Bhedana, Chandra Bhedana, Nadi Shodhana)
- ~ Focused style of meditation
- ~ Anatomy of the lower body

Part 3: “Consciousness is Everything” – October 27-28, November 24-25

- ~ More of Anusara philosophy, vision and culture
- ~ More about the Universal Principles of Alignment
- ~ Continue study of pranayama: Kapalabhati
- ~ Tantric integrated style of meditation
- ~ Anatomy of the upper body and subtle body anatomy

Schedule: 10 – 1 and 2:30 –5:30

Content: Each weekend of the Immersion consists of 12 hours of class, with approximately 25% being Anusara philosophy, 60% asana practice and workshops on the alignment principles, with smaller amounts of time devoted to anatomy study, principles of the breath and pranayama, and meditation/contemplation.

Homework and other Requirements:

- Attend all weekends of the Immersion
- Maintain a regular practice of asana, pranayama, and meditation
- Read the Immersion texts and study what you are learning

Registration fee:

- € 1350 for the entire Immersion, to be paid in 3 installments of € 450 each on February 25, June 1, and Oct. 1, or
- “Earlybird” rate of € 1215 if paid in full by February 25

Immersion Texts (all are required reading for Anusara Yoga teachers):

Anusara Yoga Teacher Training Manual by John Friend (available in German and English at Anusara.com)

Anusara Immersion Manual by John Friend (available at www.anusara.com)

Anatomy of Movement by Blandine Calais-Germain (unless the new Anusara Anatomy book is published by March 2012)

Yoga Sutras of Patanjali (any translation – contact Jayendra for recommendations)

Bhagavad Gita (any translation – contact Jayendra for recommendations)

About the Teachers

Jayendra Hanley lives in Amsterdam and is one of only a few certified Anusara Yoga teachers in Europe. He has been practicing hatha yoga and meditation for 30 years and studying with John Friend, the founder of Anusara, since 1993. Jayendra has the great honor and pleasure to travel to many beautiful places around the world to offer Anusara workshops, retreats, Immersions and Teacher Trainings. He is a member of the Anusara Certification Committee and is a skilled mentor for teachers who are on the Anusara path. Students enjoy the clarity and depth of his understanding and his light-hearted style.

Marc Holtzman is a Certified Anusara Instructor who recently left Los Angeles to begin a new life in Paris. As the founder of Guerilla Yogi and a member of the Anusara Certification Committee, he also teaches worldwide either live or via the many classes that are streamed through the internet on Yogaglo. Recognized as a teacher of teachers, his classes are deeply heartfelt, inspiring, and designed to encourage students to tap into their infinite potential. In March of 2007, Marc underwent open-heart surgery. This literal and metaphorical heart-opening experience deepened his belief that life, and specifically yoga, should be practiced with fullness, deep gratitude, and laughter.

In addition to teaching Anusara, Marc is in an advanced studies program with Dr. Paul Muller-Ortega, founder of Blue Throat Yoga, who teaches the elegant Svatanttra philosophy of Kashmir Shaivism and Neelakantha Meditation. Marc seamlessly weaves these beautiful teachings into every asana class. Marc bows in gratitude to his two deeply beloved teachers John Friend and Dr. Paul Muller-Ortega.

Carlos Pomedá received formal, traditional training in yoga during almost 18 years as a monk of the Sarasvati order, 9 of which he spent in India, in the Siddha Yoga Ashram. During this time he learnt the various systems of Indian Philosophy and immersed himself in the practice of yoga. He combines this traditional training with an academic background as well, having earned two Masters' degrees: one in Sanskrit from UC Berkeley and another one, in Religious Studies, from UC Santa Barbara. In all, Carlos has been practicing and teaching yoga for 34 years. As a teacher, he is known for his love of the Indian yoga traditions, his insight, his humor, his deep empathy with his audiences and his ability to convey the deepest scriptural teachings in a way that is clear, meaningful and applicable. Studying with Carlos is a truly delightful and enlightening experience.

Jim and Ruthie Bernaert have been students of yoga since 1984. In 1995 they began dedicated, intensive study with Anusara Yoga founder John Friend. They teach on-going classes on the Big Island of Hawaii and also travel around the US and internationally sharing their love for the path of yoga. They offer years of experience with the Universal Principles

of Alignment, inspiring Tantric philosophy, and therapeutics, which embody Anusara Yoga. Students experience the clarity of their understanding, their precise instructions, and their warm and generous hearts. Jimmy and Ruthie offer profound gratitude to all their teachers, especially Swami Chidvilasananda, John Friend and Paul Muller-Ortega.

Immersion location: Open Lotus Yoga Studio

Course limited to 25 students.

For more information about the Immersion, please contact Jayendra at jaychaz108@yahoo.com or see www.jayendranhanley.com

To reserve a space or to make your first payment, please contact Nicole at nicole@openlotus.de. www.openlotus.de