

## About Anusara Yoga®

**Anusara Yoga®** is a sophisticated yoga system, founded by John Friend, in which the celebration for the heart powerfully blends with the precision of biomechanical alignment and balanced energetic action in the body.

This innovative yoga system introduces the five **Universal Principles of Alingment™**. Anusara's philosophical roots are the Tantric Philosophy, specially the tradition known as Kashmere Shaivism.

It is centered around 3 key concepts:

**Attitude:** The power of the heart as the force behind every action or expression in each asana; the will to awaken to our divine nature and celebrate life.

**Alignment:** The mindful awareness of how different parts of ourselves are integrated and connected.

**Action:** The natural flow of energy in the body that provides both stability and joyful freedom.

For more information about Anusara® yoga check out [www.anusara.com](http://www.anusara.com)

## What is an Immersion?

- The Immersion is a deep exploration of the Anusara® yoga system. Its curriculum includes:
  - the five Universal Principles of Alingment™;
  - asana practice
  - philosophy: both the Tantric Philosophy that is the base of Anusara® yoga and the History of Yoga Philosophy, the Yoga Sutras of Patanjali, Bhagavad Gita
  - anatomy
  - pranayama
  - meditation
- A total of 108 hours distributed in 3 blocks of 36 hours each.
- It is designed for both students with intention of becoming yoga teachers and for those whose desire is to deeped their understanding and practice of yoga.
- Completion of a full Immersion is a pre-requisite to register for an Anusara Teacher Training. Usually a Teacher Training follows an Immersion. Together sum 200 hours and they are recognized as a 200 hour Teacher Training by the American Yoga Alliance.

## Prices

Payment option IMMERSION I

- Before December 21st, \$ 4200 M/N
- After this date, \$ 4600 M/N  
Space is limited. To reserve yours you need to pay a non-refundable deposit of \$ 1000 M/M before December 21st.

## Info & registration

Gabriela Loreto  
**(322) 134 74 16**

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For more information about the Anusara® yoga Immersion visit [www.rasalilayoga.com](http://www.rasalilayoga.com)

## Dates and schedule

### IMMERSION I February 13-18 2009

- ❖ Each day will consist in 3 hours in the morning and 3 hours in the afternoon with asana practice, pranayama, anatomy, philosophy and meditation
- ❖ SCHEDULE: 9 a 12 h y 14 a 17h
- ❖ Universal Principles of Alignment and practice take around 60% of time: philosophy 25% and the rest is for anatomy, pranayama, meditation and contemplation.

## Place

### EL ESTAR

*Egipto n.1*

*(corner with America Latina)*

SAN PANCHO

NAYARIT (MEXICO)

## Susana García Blanco



Yoga has been the essence of my life for more than 11 years. In 2000 I met Sianna Sherman and, since then, I have been a dedicated student of Anusara® yoga, with her and with founder John Friend. I am the only Certified Anusara Teacher in Spain. I am based in Barcelona but I continually travel teaching workshops, Immersions and Teacher Trainings and retreats in Spain, Europe and Mexico. I have explored other yoga styles as Ashtanga, Iyengar, Kundalini and Acroyoga. My life, my practice and my classes are profoundly inspired by the Tantric Philosophy, a gift that I receive from my teachers, Douglas Brooks in the Rajanaka Tantra tradition, a Shakta tradition from South India, and Carlos Pomedá in the Kashmiri Shaivism tradition. My passion for Mythology and for the therapeutic possibilities of yoga are also reflected in my teaching. Yoga is for me and adventure: the adventure of life when you live from the highest.

## Anusara Yoga Immersion I in México 2010

