

FEBRUARY 7TH - JUNE 21ST & AUGUST 8TH - SEPTEMBER 27TH

ANUSARA YOGA

IMMERSION AND TEACHER TRAINING

WITH TIFFANY FRASER, MARC HOLZMAN, TARA JUDELLE AND NOAH MAZÉ
AND SPECIAL GUEST TEACHER DR. DOUGLAS BROOKS



Join this exceptional team of Certified Anusara instructors for a 108 hour Immersion followed by a 92 hour Teacher Training program, equally taught by all four teachers. The Immersion begins February 7, 2009 and goes for seven non-consecutive weekends. The Teacher Training program begins the weekend of August 8, 2008 and goes for five non-consecutive weekends. You are invited to attend either one or both programs. *(Upon successful completion of the Immersion you will be eligible for acceptance into the Teacher Training. To apply to Teacher Training separately, you must have completed a 108 hour Anusara Immersion.)*



Completing both the Immersion and Teacher Training will fulfill the requirements for the 200 hour Certification with Yoga Alliance. The hours you accrue can also be used towards Anusara Certification.

The Anusara Immersion curriculum is designed to deliver a comprehensive overview of yoga philosophy and asana. It will cover all aspects of yoga including:

- Anusara Universal Principles of Alignment™ (through Level 1 & 2 syllabus)
- An overview of Tantric philosophy
- Patanjali's yoga sutras
- The Bhagavad Gita
- Fundamentals of Kundalini and the Chakra system
- Meditation and pranayama



The Teacher Training curriculum is designed to help you share your knowledge with your students so that you can...

- Inspire them from the inside out
- Weave heart themes and philosophy into your classes
- Observe your students efficiently and teach to what you see
- Use effective languaging
- Hands on adjustments and therapeutic applications
- Philosophy
- Anatomy

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Who are they?

Tiffany, Marc, Tara and Noah are four of LA's most respected, experienced and beloved Certified Anusara Teachers. They have taught and led classes, workshops, retreats, immersions and teacher trainings all over the world. Within all of their teaching commitments they each still dedicate much of their time to being students of yoga, traveling to be with their inspiration and mentor, John Friend, as well as with Philosophy and Meditation teachers Paul Muller-Ortega, Sally Kempton, Carlos Pomedá and Dr. Douglas Brooks. Individually as teachers they are each phenomenal. Together for this training they are the dream team!

Dr. Douglas Brooks is among the world's leading scholars of Hindu Tantrism and the esoteric traditions of the Goddess. In addition to his formal Western education, Douglas lived for many years in India in the house of his Teacher, studying philosophy, yoga, ritual, and worship. His forthcoming work will include a new commentary on the Bhagavad Gita from a Tantric point of view. This work is a direct collaboration with Anusara founder, John Friend.

To read more about each of these teachers, please visit the following websites:

Tiffany: www.tiffanyfraser.com

Marc: www.guerillayogala.com

Tara: www.yogalila.net

Noah: www.noahmazeyoga.com

Douglas: www.rajana.com

COST:

(includes most books and materials)

Immersion: \$1800

\$1700 early bird (by 12/15/2008)

Teacher Training: \$1250

LOCATION:

Yogaglo

1800 Berkeley Street

Santa Monica CA 90404

Immersion Weekends: Saturday & Sunday 9am-6pm

Feb 7 & 8

Feb 28 & 29

March 21 & 22

April 18 & 19

May 2 & 3

May 22, 23 & 24 (with Dr. Douglas Brooks)

June 20 & 21

Teacher Training Weekends: Saturday & Sunday 9am-6pm

August 8 & 9

August 15 & 16

August 29 & 30

September 18, 19 & 20 (with Dr. Douglas Brooks)

September 26 & 27

• For more information and for application please go to:
www.noahmazeyoga.com