

2012 Anusara Immersion I

with Geri Portnoy and Paisley Close



GERI PORTNOY is the director and founder of Yoga Del Mar. She holds a Master's degree in International Peace Studies from the University of Notre Dame and is a Certified Anusara Yoga Teacher. She is an articulate, compassionate,

dedicated yoga teacher who creates a sacred space for the beautiful unfoldment and powerful development of her students. She is passionate about the evolutionary development of human beings and the confluence of that awakening with the next leap in human and planetary consciousness.



PAISLEY CLOSE is an Inspired Anusara Yoga Teacher who cultivates dramatic deepening and transformation in all of her students. She creates an environment of safety and encouragement and, as a result, her students often walk away

from her classes amazed at what they have accomplished. Classes with Paisley are a deep offering of spiritual and physical transformation that have profound and lasting effects. Paisley is in the final stages of full certification with Anusara yoga and is an E-RYT 200 hour teacher.



YOGA DEL MAR
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2652 Del Mar Heights Rd
Del Mar, CA 92014
www.yogadelmar.com

Immersion I - Setting the Foundation

36 hours - In this Immersion you will establish a strong foundation in the study and practice of Anusara® yoga.

SUBJECTS COVERED:

- Universal Principles of Alignment™
- Level I Anatomy
- Yoga Philosophy Basics
- Study and Practice of Postures from the Level One Syllabus
- Introduction to Meditation and Pranayama

PRE-REQUISITE:

30 hours of Anusara® yoga studies/classes or permission from the instructor. All hours count toward Anusara Yoga certification.

SCHEDULE:

Saturday and Sunday
March 17/18, March 31/April 1, and April 21/22
12:30 - 4:15 and 6:00 - 8:15pm

COST: \$695 (\$750 after March 1, 2012)

IMMERSION 2 · Expanding the Foundation (36 hours)
May 12/13 · June 9/10 · June 23/24
\$695 (\$750 after April 27, 2012)

IMMERSION 3 · Radically Expanded (36 hours)
July 14/15 · August 4/5 · August 25/26
\$695 (\$750 after August 24, 2012)

COST: Yoga Immersion I, 2 & 3
\$1950/\$2050 after March 1, 2012

(See web site for details and information about the Year-long Yoga Teacher Training)