

# Anusara Immersion Program 2010

## With Martin and Jordan Kirk



Anusara Yoga is *flowing*  
with Grace

by saying

"yes"  
to the whole

*magical* spectrum  
of life.



The Kirk Yoga, LLC Anusara® Yoga Immersion Program offers a comprehensive curriculum in three parts totaling 100 hours and is the prerequisite for the 100 hour Anusara yoga Teacher Training. We will explore the basic elements of yoga philosophy, alignment, and anatomy along with the practices of pranayama and meditation. When both programs are successfully completed through Kirk Yoga, LLC; then you receive a Kirk Yoga, LLC 200 Hour Yoga Teacher Training Certificate. Our program is Yoga Alliance registered and is licensed with the State of Arizona. Both serious students and teachers are welcome.

[www.kirkyoga.com](http://www.kirkyoga.com) 480-657-2584  
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# Anusara® Yoga Immersion Program 2010

## September 10 – 14, 2010 Part 1: Stepping into the Heart

In this Immersion we will establish a solid foundation in the fundamentals of Anusara yoga by connecting deeply with its life-affirming Tantric philosophy.

### Subjects covered:

- Universal Principles of Alignment™
- Study and Practice of level 1 syllabus Yoga poses
- Anusara Method & Tantra Philosophy
- Adhikara (studentship)
- 5 Elements, Gunas & Yoga Ethics
- Mulabhandha
- Yoga Anatomy
- Pranayama and Meditation basics

Pre-requisite: 30 hours of Anusara studies with an Anusara Certified or Inspired Instructor

## October 27 - 31, 2010 Part 2: Deepening the Journey

During this phase, we will study the depths of Tantric philosophy as well as how this philosophy applies to the great yogic texts.

### Subjects covered:

- Historical Overview of 3 main schools of Yoga Philosophy
- Yoga Sutras of Patanjali & Astanga Yoga
- Malas, Kleshas & Jaladhara Bandha
- Tantra philosophy
- Tantric texts – The Spondor of Recognition and Tattvas
- Deeper practice of Pranayama & Meditation
- Yoga Anatomy
- Level 2 syllabus poses introduced

Prerequisite: Anusara Immersion – part 1

## December 1 - 5, 2010 Part 3: Path of Awakening

During this phase, we will deepen and refine our study of Anusara Yoga both physically and philosophically.

### Subjects covered:

- Bhagavad Gita, Dharma & Paths of Yoga
- Chakras, Kundalini and the Energy body
- Uddhiyana Bandha
- Basic Sanskrit of philosophical terms
- Deeper study of Philosophy & Practice of Yoga Postures
- Develop a Personal Practice of Asana, Pranayama & Meditation
- Masterful Sequencing
- Yoga Anatomy

Prerequisite: Anusara Immersion – part 2

### Tuition:

\$675 per session/\$1950 for all 3 parts if paid by August 17, 2010 (save \$75)

**Location:** Spirit in the Desert Retreat Center Carefree, AZ

**To register:** [jordan@kirkyoga.com](mailto:jordan@kirkyoga.com) 480-657-2584

