

the

Anusara

Immersion

A program that
provides the gateway
into a deeper practice
and knowledge of

Yoga...

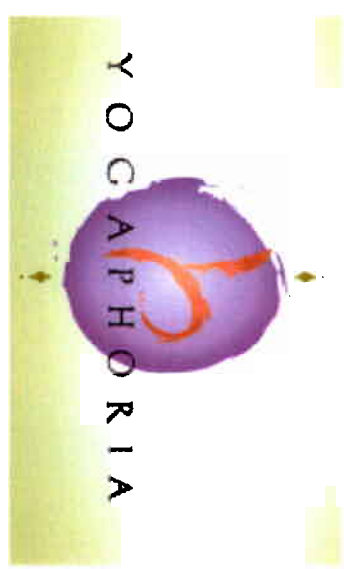
one that will give you
the chance experience
the teachings on all

levels, **heart,**

mind &

body.

This program is open to all (both students and yoga teachers) and designed as an in-depth course without the pressure to teach yoga, only the pleasure and challenge of immersing yourself in the practice.



you are invited to participate
in

the

Anusara

Immersion

with

Amy Ippoliti

September 9-11

September 16-18

October 7-9

October 14-16

2005



The Anusara Immersion

Stepping into the Heart of Anusara Yoga

This is a journey into the study of Anusara Yoga (Asana, Philosophy, Pranayama, & Meditation.) You will meet friends who share in the desire to live from the heart. As we practice and learn together, life-long friendships will be created and other magical connections will be shared!

The Immersion is a series of 4 weekends that take place over the course of 2 months. During this time we will uncover the subtleties of Anusara's Universal Principles of Alignment. There will be a suggested reading list, journal assignments and optional projects. When not in session, students are encouraged to join study groups that meet weekly to practice and go over suggested assignments and also to practice regularly with local Anusara teachers. There is no "homework" or "requirements" in the Immersion, only suggested assignments. This ensures that the experience is truly your own, motivated by you, and that everything you put into it is yours to have.

This program welcomes yoga students, aspiring teachers and those who are already teaching yoga. This Immersion is designed as an in-depth course, but with no pressure to teach yoga, only the pleasure and challenge of immersing yourself in the practice.

The Anusara Immersion will give us all the opportunity to establish a new depth of commitment to ourselves and each other.

For more info about this program visit
www.wildspiritryoga.com

Program Schedule

September 9-11

September 16-18

October 7-9

October 14-16

hours

Fridays 6-9pm

Saturdays 10-1 & 2-5pm

Sundays 10-1pm

cost

\$600 early registration (by August 1)

\$650 registration (after August 1)

Immersion participants also receive 10% off on all YOGAPHORIA class series and retail clothing purchased from September 9 through October 16.

call for registration 215.862.4041

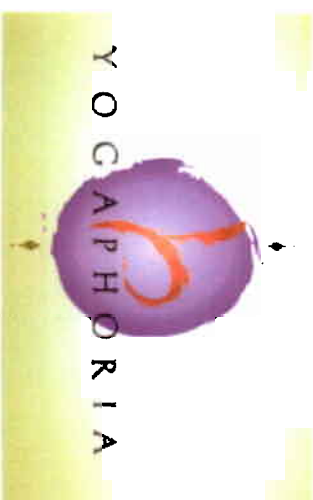
**This program fills quickly,
save your spot TODAY!**



Amy Ippoliti

A student of yoga for nearly 20 years, Amy is both a certified Anusara instructor by Anusara founder, John Friend, and is a leader in the Anusara community. She has studied Hatha Yoga, Pranayama and yoga therapeutics under the guidance of John Friend for the last 7 years and continues to apprentice and travel with him nationally. Additionally, she has studied closely with Dr. Douglas Brooks for the past 6 years. Amy served the NYC yoga community with great dedication and now resides in Boulder, CO. She is known for her affirming workshops and experience in yoga therapeutics and Tantric philosophy. Amy leads Anusara retreats, workshops, Immersions and teacher trainings in the USA and Internationally.

www.wildspiritryoga.com



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