

Blanket of Snow, Warmth of Fire

Anusara® Yoga Immersion - with Madhuri Martin

This Winter, let's toss ourselves into the confusion of our collective waters in such a way that our concentric rings of hope, steadiness and love move outward through these uncertain times. This world of yoga, of practice, of showing up for our community, friends and family, that is the source of our true wealth. We are the leaders, the lovers, the steady certainty that we have been looking for. Please join us in deepening our greatness, something the world so desperately needs.

This 108- hour Anusara Immersion is an in-depth exploration of the Anusara universal Principles of Alignment™, Shiva-Shakti Tantra Philosophy, History of Yoga, Anatomy, Pranayama, Meditation and Study of classic texts; including the Bhagavad Gita and the Yoga Sutras of Patangali.

Dates: 6 weekends (and Tuesdays)

- January 17th, 21st, 22nd
- January 24th, 28th, 29th
- January 31st, Feb 4th, 5th
- February 7th, 11th, 12th
- February 28th, March 3rd and 4th
- March 13th, 17th, 18th

Times and Locations in Denver:

- Tuesday evenings from 4:00 - 8:00pm, Eliot Street Collective
- Saturdays & Sundays from 8:00am - 2:00pm, Vital Yoga, Highlands

Cost: \$1500 (\$1350 early bird by Dec. 15th 2011). All tuition and materials included. \$250 for unlimited yoga at vital Yoga studios (optional)

For information and registration please contact admin@vitalyoga.org or (303) 477-8545

Madhuri Martin - Has trained in yoga since 1986. In 1990, she began her studies with John Friend. Madhuri is one of Anusara's most eminent teachers. www.muddyoga.com.

