

Anusara Yoga

Immersion Module 3



Program Features:

Rasas - The 9 Elemental Categories of Experience

Gunas - Qualities of Nature

Exploring Poses from the Anusara Level 2 & 3 Syllabus

Meditation & Prarayama

The Indian Trinity - Gods & Goddesses

Tattvas- Breakdown of the Universe

Refining the Universal Principles of Alignment

Introduction to Ayurvedic Cooking

Anusara Certified

Instructors: Lila Brown
Sommer Sobin
Paul Sobin

Aug 21-22
& Sept 18-19

9:30-1 pm
& 2:30-6pm

Location: SFEER Studio
200 Britton Drive, Chapel Hill, NC 275161818

28 hour segment; open to all students; no requirement to have completed earlier modules



REGISTRATION FORM

PLEASE PRINT CLEARLY

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

E-MAIL _____

PHONE(H) _____

PHONE(W) _____

Please Check All That Apply:

FULL MODULE **3** \$400. Please Enclose \$150 Deposit
- Balance of \$250 Due by Aug 15th

FULL MODULE **3** Late Registration (After Aug 15th)
- Please Enclose \$425

WEEKEND **1** ONLY - Please Enclose \$225

WEEKEND **2** ONLY - Please Enclose \$225

VISA/MC _____

EXP. DATE _____

SIGNATURE _____

NAME OF CARDHOLDER IF DIFFERENT _____

Send Registration Form & Deposit to:
Thousand Petals Yoga
100 Easy St. Chapel Hill NC 27516

