

La Jolla Yoga Center presents

Anusara® Yoga

Teacher's Training and Immersion Program

Lead Instructors

Michael Fukumura Certified Anusara Teacher

Jeanie Carlstead E-RYT 500, Director/Owner

Guest Teachers

Erich Schiffmann and Douglas Brooks



Phase One: Immersion Program

The Immersion program is an invitation for all who desire to delve into the living wisdom of yoga. Universal principles of alignment will be threaded with a life-affirming philosophy that inspires you to deeper levels of understanding and practice of the Anusara Yoga method. Learn and practice in a supportive community, where each individual's gifts are honored and celebrated. The curriculum systematically covers an in depth study of asana, the Universal Principles of Alignment, philosophy, functional anatomy, therapeutics, pranayama, & meditation.

Immersion I: January 9-10, 15-17 (Erich Schiffmann), February 6-7

Immersion II: March 13-14, March 27-28, April 9-11 (Douglas Brooks)

Immersion III: May 15-16 (Martin Kirk), May 22-23, June 12-13

Saturdays and Sundays 11:30AM-8:00PM, and two Fridays 6:30PM-9:30PM

\$695 per Immersion (\$750 after January 1)

\$1,950 for all 3 Immersions (\$2,050 after January 1)



Photos by Erin Kate Photography

Sign up online at
www.lajollayogacenter.com
or call 858.456.2412

Phase Two: Teacher Training – Levels 1 & 2

Learn how to teach clearly and effectively in the Anusara Yoga method. As you continue to refine your understandings and practice, you will cultivate ways of inspiring and guiding others to their own optimal experience and radiant health. This two part training will progressively build and refine the art and skills to be an inspiring and extraordinary yoga teacher.

Level 1: July-September 2010 (1 weekend per month)

Level 2: October-December 2010 (1 weekend per month)

\$940 per each Teacher Training level (\$990 after June 1)

\$1,840 both Teacher Training levels (\$1,940 after June 1)

\$3,295 entire year of training (\$3,495 after January 1)

**Each part of the training may be taken separately as long as the prerequisites have been completed.*

Includes unlimited membership (\$1,425 value) during your training at San Diego's premiere yoga center located in beautiful seaside La Jolla, featuring 90+ classes per week, 40+ highly experienced-inspiring teachers, 20+ styles.

For more information, please contact Lisa Fischer or Jeanie Carlstead at lajollayogacenter@yahoo.com

 **Yoga Alliance**
Integrity. Diversity. Community.

All hours count towards both the Anusara Yoga accreditation and Yoga Alliance Certification



la jolla yoga center

7741 Fay Avenue • La Jolla, California 92037 • Phone 858 456-2412 • www.lajollayogacenter.com