



Immersion 1 with Bernadette

WHAT IS ANUSARA YOGA?

Anusara Yoga is a life-affirming, heart-centered yoga with an elegant system of alignment principles. When these principles are utilized, the body aligns optimally and you are then able to enjoy the asanas (poses) more fully, safely and with grace. Watch how your practice develops after gaining a better understanding of this method.

This program is for anyone! Anyone who wants to deepen their practice, embark upon the pilgrimage within and keep great company doing so.

**2 weekends
March 2 - 4
and
March 16 - 18**

Anusara Immersions have been crafted to provide access to teachings that have previously only been available at the Teacher Training Level. Join us as we dive into the great ocean of Asana, Philosophy, Pranayama & Meditation.

Investment:

\$575 by 2/21 and \$625 after (plus tax)
A deposit of \$150 will hold your space and will reserve the pre-registration discounted price
Payment Plans are Available ~ Call the studio for info.

Schedule:

Fridays from 6:00pm - 9:00pm
Saturdays from 12:30pm - 5:30pm
Sundays from 9:30am - 4:15pm



ELEMENTS
YOGA & WELLNESS CENTER

203-655-9642 www.elementsyoga.com
354 Heights Road ~ Darien CT 06820

Bernadette Birney is a Certified Anusara Yoga instructor, a teacher trainer, mentor and contributor to *Yoga Journal*, and many other publications. Her teachings are steeped in a life-affirming philosophy that invites you to explore your own potential. She is masterful at weaving poetry and humor into her teachings, providing the student with a unique experience to go deeper. She is authentic and generous with the knowledge she has been so graciously given by her own teachers, John Friend & Professor Douglas Brooks. To read more about Bernadette, go to www.bernadettebirney.com