

# 200 HOUR ANUSARA® TEACHER TRAINING & IMMERSION 2012 ZURICH

*Enjoy and learn Anusara® yoga with Jeff Fisher*

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## **Start with the Anusara Yoga Immersion 100 hours**

The Immersion is a basic and introductory course in the fundamental principles of Anusara yoga's Shiva-Shakti Tantric philosophy and asana alignment and practice. Students will learn about Classical yoga, Advaita Vedanta and Tantra philosophies. Also taught will be anatomy, pranayama, and meditation techniques. Students will receive a document of completion after completing 100 hours.

## **Continue with the Anusara yoga Teacher Training 100 hours**

Expect a high level of training and enjoyment. Each student who has completed the Anusara yoga Immersion will continue to learn and apply the life-affirming philosophy of Anusara yoga into teaching yoga. Teacher Trainee's will deepen their understanding of Anusaras' alignment principles. Learn how to advance in your practice and learn how to teach other's the art of teaching yoga. Students will receive a Certificate of Completion recognize and certified by *Anusara Yoga & Yoga Alliance*.

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ATTITUDE  
ALIGNMENT  
ACTION

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**Immersion Dates:** *Part 1* Jan. 20th-22nd & Feb. 3rd-5th *Part 2* March 23rd-25th & March 30-April 1st, *Part 3* May 25th-27th & June 1st-3rd. **Times:** Fridays 18:00-21:00, Saturdays 9-12:30 & 14:00-17:30 & Sundays 9-12:30 & 14:00-16:30 Immersion & Teacher Training Application

**Teacher Training Dates:** *Level I* Sept. 7th-10th, *Level II* October 5th-8th, *Level III* Nov. 2nd-5th. Hours to be determined.

**Cost:** Complete 200 hour Anusara Immersion and Teacher Training chf. 3700  
Early Registration by 12.31.2011 chf. 3500 Immersion parts 1-3 chf. 1850  
or chf. 650 each part. Teacher Training each Level chf. 700.

Registration: [yogijeff@mac.com](mailto:yogijeff@mac.com) +41 79 425 7032

Teacher Training [Application form](#) can be downloaded.

