

# Spring Anusara Yoga Immersion with Sarah Faircloth 2012

A yoga immersion is a unique opportunity to study Anusara Yoga in depth, with a full and complete offering of the essential practices. The focus is on philosophy, asana and understanding the technique in a sequential and effective way. Through immersion, you will embody the basics of our yoga in a deeper and more grounded way. The immersion also includes meditation, contemplation, pranayama, discussion, anatomy, energy system, and therapeutics.

Sarah Faircloth is a certified Anusara Yoga teacher since 2003. She owned Sangati Yoga for 8 years which has now combined with Be Yoga in Charlotte, NC where she is now Anusara Yoga Director. She teaches public classes, and leads workshops, immersions, teacher trainings, and retreats. Additionally, Sarah has taught at Anusara's first Grand Gathering through Yoga Journal in 2008 and Anusara's Grand Circle through Wanderlust, a yoga and music festival, in 2011. She has taught several immersions and brings warmth, distilled experience, honed skills, and refined personal practice. She is thrilled to offer this next immersion with a deeper understanding every year. Sarah shares fun and innovative approaches for each student to embody the exquisite teachings of yoga.

## READING LIST:

### PART ONE:

Anusara Teacher Training Manual, by John Friend  
Master Immersion Booklet, by John Friend  
(purchase and download at Anusara.com)  
Light on Yoga, by BKS Iyengar

### PART TWO:

Yoga Sutras of Patanjali (choose one):  
Light on the Yoga Sutras, by BKS Iyengar  
The Yoga Sutra of Patanjali, by Georg Feuerstein  
Light on Pranayama, by BKS Iyengar

### PART THREE:

The Bhagavad Gita in the Mahabharata, translated  
by J. A. B. van Buitenen  
Poised for Grace, by Douglas Brooks  
The Hidden Secret of Ayurveda, by Robert Svoboda  
Wheels of Life, by Anodea Judith

Part 1: April 14-15, May 5-6

Part 2: June 2-3, July 14-15

Part 3: August 11-12, September 8-9

LOCATION: YWCA // Charlotte, North Carolina

HOURS IN GENERAL: 6 weekends, 17 hrs per weekend;

SATURDAY: 8-12:30p and 1:30-6p

SUNDAY: 8-12p and 1-5p (9 hrs Sat, 8hrs Sun)

**PREREQUISITES:** Have attended at least 30 hours of Anusara style Yoga in public classes or workshops, and have the desire to go deeper into the Anusara methodology and philosophy. The immersion is a prerequisite to the Anusara Yoga Teacher training, but is open to any student who wants to go deeper.

**PART 1:** \$600 or whole thing: \$1550. Payment plans available: \$550 1/15/12, 2/15, 4/15. OR \$295 each month for 6 months due 1/15, 2/15, 3/15, 4/15, 5/15, 6/15. If you have already completed a certain part of an immersion, you are welcome to attend any part. Each part contains 2 weekends. You must sign up for both weekends per part.

**TO APPLY:** Indicate that you have completed all the prerequisites and include a short description of your intention for attending the immersion via email to [Sarahcfaircloth@gmail.com](mailto:Sarahcfaircloth@gmail.com). Make out checks to "Sangati Yoga." Mail to Sarah Faircloth, 1456 Sterling Road, Charlotte, NC, 28209 Or paypal via [www.sarahfaircloth yoga.com](http://www.sarahfaircloth yoga.com).

Cancellation Policy: By December 31, all minus a \$35 Administrative fee. By January 10, 75% and minus a \$35 Administrative fee. By January 20, 50% and minus a \$35 Registration fee. After January 20, no refunds.

