

# Advanced Intensive with Sarah Faircloth

... Immerse with kula into the next REALM OF YOGA

Want to continue learning in the immersion style? Together, we will enjoy 3 juicy days of immersing into asana and study a tantric text called the Pratyabhijñā Hrdayam.

**DATE: December 9-11, 2011**

**TIME: 9a-12p // 2p-5p each day**

**PRICE: \$250 if registered by Nov 1, 2011; \$275 after**

**PLACE: YWCA 3420 Park Road, Charlotte, NC, 28209**

## The Required Text:

Pratyabhijñā hrdayam: The Secret of Self-recognition (Sanskrit Text with Eng. Trans., Notes and Introd.) [Paperback] by Jaideva Singh

## Prerequisites:

- Completed an Anusara Yoga Immersion
- No serious injuries
- Able to come up by oneself in Urdhva dhanurasana and handstand at the wall
- Desire to explore levels 2 and 3 syllabi more deeply
- Desire to immerse yourself in the text and its wisdom along with a dedicated and passionate assembly of Anusara yogins

## To Apply:

Indicate that you have completed all the prerequisites and include a short description of your intention for the intensive via email to 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 November 1, all minus a \$35 administrative fee; By November 15, 75% and minus a \$35 administrative fee; By December 1, 50% and minus a \$35 registration fee; After December 1, no refunds

Sarah Faircloth is a certified Anusara Yoga teacher based in Charlotte, NC. Certified since 2003, 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. Her passion and dedication of Anusara Yoga springs from the deep heart-resonating chords of the Tantric philosophy of intrinsic goodness. Sarah studies yoga philosophy with Douglas Brooks and other leading scholars of Tantrism. [www.Sarahfaircloth yoga.com](http://www.Sarahfaircloth yoga.com)

