**IMMERSION CURRICULUMS for 1, 2 & 3**

**1 June 23-27**

Prerequisite:  30 hours of Anusara studies with an Anusara Certified or Inspired Instructor or permission from Cate or Neesha

* Universal Principles of Alignment™
* Study and Practice of level 1 syllabus Yoga poses
* Anusara Method & Shiva-Shakti Tantric Philosophy
* Core Metaphysical and Cosmological Principles
* Adhikara (studentship) and Yoga Ethics
* General Anusara Yoga Anatomy - Skeleton
* Pranayama and Meditation basics

**2 August 3-7**

Prerequisite:  Anusara Immersion – part 1 or permission from Cate or Neesha

* Deeper exploration of the UPA’s and Level 1 syllabus
* Level 2 syllabus poses introduced
* Historical Overview of 3 main schools of Yoga Philosophy
* Overview of Yoga Sutras of Patanjali & Astanga Yoga
* Classic and Tantric perspectives on the specific sutras of Patanjali’s Sutras
* Malas, Kleshas & Jaladhara Bandha
* Tantra philosophy, Metaphysics and Cosmology
* Tantric texts – Intro to The Spendor of Recognition and Tattvas
* Deeper practices of Pranayama & Meditation
* Yoga Anatomy – Main muscles in Shoulders and Hips, Joints in Arms and Legs

**3 August 31 -Sept. 4**Prerequisite:  Anusara Immersion – part 1 & 2, or permission from Cate or Neesha

* Continued exploration of the UPA’s, Level 1 & 2 syllabus
* Level 3 syllabus poses introduced
* Bhagavad Gita, Dharma & Paths of Yoga
* Chakras, Kundalini and Subtle Energy Body Anatomy
* Basic Sanskrit of philosophical terms
* Deeper study of Philosophy & Practice of Yoga Postures
* Continued Techniques of Pranayama & Meditations
* Yoga Anatomy – Muscles of the head and neck; Spinal Muscles, Overview of joints, cartilage, ligaments and tendons

**Immersion Materials**

·      Journal, pens and books

·      Water, snacks, mat and sweat towel

·      Your own props if necessary (blocks, blanket & strap)

**Required Books**

**For Immersion 1**

·      *Master Immersion Booklet\** by John Friend

·      *Teacher Training Manual* by John Friend

·      *Immersion Outline 1* by BJ Galvan

·      *Anatomy of Movement* by Blandine Calais-Germain

**Reading and Homework for Part One:**

o   Master Immersion booklet – Pages. 1-22, 23-41, Level 1 Syllabus

o   Anusara Yoga Teacher Training Manual – Chapters 2-7, Chapter 10

o   Anatomy of Movement – Chapters 1 and 2

o   Shiva-Shakti Tantra Core Metaphysics

**For Immersion 2**

·      *Master Immersion Booklet\** by John Friend

·      *Teacher Training Manual* by John Friend

·      *Immersion Outline 2* by BJ Galvan

·      *Anatomy of Movement* by Blandine Calais-Germai

·      *Yoga Sutras of Patanjali – any translation*

·      **Reading and Homework for Part Two:**

o   Master Immersion booklet – Pages 1-22, 23, 23-41, Level 2 Syllabus

o   Teacher Training Manual – Chapters 2-7, Chapter 10

o   Anatomy of Movement – Chapters 6 and 7

o Patanjali’s Yoga Sutras

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**For Immersion 3**

·      *Master Immersion Booklet\* by John Friend*

·      *Teacher Training Manual* by John Friend

·      *Immersion Outline 3* by BJ Galvan

·      *Anatomy of Movement* by Blandine Calais-Germain