

# The Anusara Immersion

Part 1 with Sharon Neubauer

Deepen Your Principles,  
Deepen Your Practice



**Follow Your Heart  
Yoga Center**  
20010 Century Blvd.  
Suite 430  
Germantown, MD 20874  
1-877-835-YOGA  
Fax: 301-972-3787  
[www.followyourheartyyoga.com](http://www.followyourheartyyoga.com)

**Inner Reaches Yoga & Health**  
257 Market St. West  
Kentlands / Lakelands  
Gaithersburg, M20878  
Phone: (301) 987-0884  
[www.innerreaches.com](http://www.innerreaches.com)

Weekend 1    Roots – Open to Grace  
Friday September 14, 2007    7-9 pm +  
Saturday September 15, 2007 1-5 pm ++  
\*History, Anusara Philosophy & Vision, 3 As, the Kula

Weekend 2    Bulb – The Point of Relationship  
Friday October 26, 2007        7-9 pm +  
Saturday October 27, 2007    1-5 pm ++  
\*Lower Body Principles & Anatomy, Spanda,  
Natural Breath

Weekend 3    Stem – Building the Path of Practice  
Friday November 16, 2007    7-9 pm +  
Saturday November 17, 2007 1-5 pm ++  
\*Student-ship, Ashtanga, Home Practice, Twists

Weekend 4    Leaves – The Winds of Greatness  
Friday December 14, 2007    7-9 pm +  
Saturday December 15, 2007 1-5 pm ++  
\*7 Loops, Anatomy of Breath, Measuring Progress,  
Inversions

Weekend 5    Petals – Unfolding and Enfolding  
Friday January 11, 2008        7-9 pm +  
Saturday January 12, 2008    1-5 pm ++  
\*Upper Body Principles, Anatomy & Loops,  
Significance of OM, Backbends

Weekend 6    Flower – From Diversity to the One  
Friday February 8, 2008        7-9 pm +  
Saturday February 9, 2008    1-5 pm ++  
\*States of Consciousness, Review, Restore, Relate

+            Indicates class at Follow Your Heart Yoga Center  
++          Indicates class at Inner Reaches Yoga and Health

This is Part One, 36 hours, of the 108 hour Immersion Program.

The Anusara Immersion Program is designed for serious students who want to go deeper in their study of Yoga. The Immersion is also a prerequisite for an Anusara Teacher Training program.

In the Immersion we will build and strengthen our Kula (community of the heart) while we delve into the basic history of Yoga as well as the philosophy and vision of Anusara Yoga. We will cover basic anatomy as it applies to the Universal Principles of Alignment and the breath. Students will learn about the history of Yoga, different degrees of student-ship, the five elements of Nature, basic breathing and meditation exercises and contemplation of these ancient practices within our modern lives. Each month will build upon the previous month leaving plenty of time for review and absorption.

Anusara Yoga is a fun and inspiring style of Hatha Yoga which combines Universal Principle of Alignment with a life-affirming celebration of the heart. Founded in 1997 by John Friend, Anusara Yoga aims for students to look for the good in themselves and in everything while performing poses and actions on and off the mat.

**SHARON NEUBAUER** is a Certified Anusara Yoga teacher. She came to Yoga in 1996 looking for a physical discipline to help with her work as an actress. She began teaching in 1999 and she has trained extensively with John Friend, the founder of Anusara Yoga. She has trained in the Anusara style with Kate Miller, Suzie Hurley, Betsey Downing, Kathleen Hogan and Mary Romeau. She has also studied Iyengar Yoga with Mary Dunn, John Schumacher and Carolyn Bluemle. Sharon did Yoga throughout her three complete pregnancies, and she teaches with warmth, compassion, playfulness and a lively sense of humor. She currently lives in Germantown with her husband and three children.

For more information please call (240) 425-2039 or e-mail [sharonneubauer@comcast.net](mailto:sharonneubauer@comcast.net)

\$600 for the full Immersion

\$120 per weekend

# **Application for Part One of the Anusara Immersion**

Name

Street Address

City, State, Zip

Phone

E-mail

How long have you been practicing Yoga?

How long have you been practicing Anusara Yoga?

Why do you wish to participate in the Immersion Program?  
(Please attach a separate page.)

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**PREREQUISITE:** Approximately 3 months or 30 hours of weekly Anusara or Anusara Style classes.

Please complete this form and return with \$30 non-refundable registration fee per weekend or \$150 non-refundable registration fee for the full Part One Immersion. Please make check or money order payable to Sharon Neubauer. We regret that we cannot accept credit cards for the Immersion. The registration fee will be subtracted from tuition. Please send application and payment to:

**Follow Your Heart**

**Yoga Center**

20010 Century Blvd.

Suite 430

Germantown, MD 20874

ATTN: Anusara Immersion

## **DIRECTIONS TO FOLLOW YOUR HEART YOGA CENTER**

### **Special Entry Directions – Recommended**

From either North or South 270 take Exit 15B toward Germantown to traffic light at Aircraft Drive. Turn right to next light at Century Blvd. Turn right. Make first left behind Regal Cinema Movie Theatre and drive into Enter ramp of garage behind movies. Drive to 3rd left, turn right and drive up ramp to next level; turn right again and drive up ramp to top level. Turn right and park by door. CODE FOR OUTSIDE DOOR IS 2143. If inside door is locked press doorbell at outside door and it will ring in the Yoga Center and someone will let you in. If the inside door is open proceed down hallway, Yoga Center is on left corner of hall.

### **Alternate Directions to Follow Your Heart Yoga Center**

After turning right onto Century Blvd., follow the road around to the Century 21 Complex turning left into the parking lot. Our building is 20010. Park near there and enter glass doors of building. If inside door is unlocked enter lobby, take elevator to 4th floor, Suite 430. If lobby door is locked use tele-entry system in vestibule. Press the letter 'F' and FYH Yoga Center will appear and the code 012 - press 012 and then the Call Button. The phone will ring in the Yoga Center and we will open the door to the lobby so you can enter and proceed to the Center via the elevator.

## **INNER REACHES YOGA AND HEALTH**

257 Market St. West

Kentlands / Lakelands

Gaithersburg, MD 20878

On the corner of Market St. West and Main St., Second floor

Phone: (301) 987-0884