

Anusara®Yoga

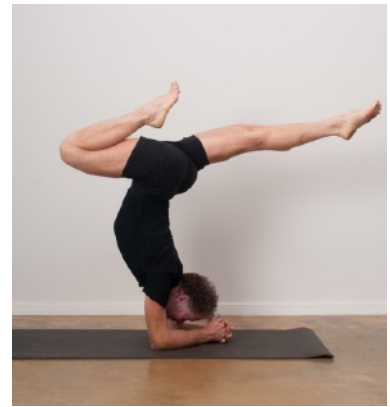
Immersion and Teacher Training 2020

Two Hearts Yoga Studio, San Antonio
Instructed by Charly Pivert

Assisted by Jane Goldstein

Both Certified Anusara® Teachers and E-RYT500

*Meets Saturdays 2-8, Sundays 8-4:15
on dates outlined below*



Immersion: *Immerse yourself in the teachings and practice of yoga.*

The 100 hour Immersion is open to students of all styles, teachers and aspiring teachers who wish to deepen their understanding and practice of Yoga. Completion of a 100 hour Immersion is a prerequisite that prepares students for the Anusara® Yoga teacher training.

In this Immersion you will learn and practice the fundamentals of Anusara® Yoga methodology and its life affirming philosophy. Each day includes a transformative asana, pranayama and meditation practice, lecture, Q&A and group discussion. Through the study of key yogic text, you will explore the different philosophical currents of Yoga and their teaching's application to daily practice and life. Other topics covered during the Immersion includes the history of Yoga, the anatomy of movement and therapeutic yoga.

Dates: Jan.11,12: Feb.1,2: Feb.29, March 1: March 28,29: May 2,3: May 16,17: June 6,7

Anusara® Yoga Teacher Training.

The 100 hour Anusara® Yoga Teacher Training is for those who have dedicated themselves to the practice of Anusara Yoga and aspire to teach others. Through a supportive learning environment, trainees can expect to understand how to articulate instructions clearly and succinctly, skillfully observe and safely adjust students, learn therapeutic alignment principles, and ways to connect to the heart of the student through themes and effective sequencing.

Graduates of the Immersion and Teacher Training will be able to register through [Yoga Alliance](#) at the RYT 200 level. With two years of teaching experience, plus additional requirements that can be found on [Anusara's website](#), graduates will qualify to apply for Anusara®-Inspired™ status through Anusara® Yoga.

Dates: August 22,23: Sept.19,20: Oct.3,4: Oct. 24,25: Nov.7,8: Dec.12,13: Jan.16,17 2021

Register at the studio or www.twohearts.net/purchase

Questions? Contact Jane Goldstein

text or call 210-240-6141 or email yoga@twohearts.net

5309 McCullough Ave, San Antonio TX 78212



<http://twohearts.net>

Pricing

Immersion:

The Immersion is open to students of all styles, teachers and aspiring teachers who wish to deepen their understanding and practice of Yoga.

Dates: Jan.11/12: Feb.1/2: Feb.29/March 1: March 28/29: May 2/3: May 16/17: June 6/7

Anusara® Yoga Teacher Training:

Through a supportive learning environment, trainees can expect to understand how to articulate instructions clearly and succinctly, skillfully observe and safely adjust students, learn therapeutic alignment principles, and ways to connect to the heart of the student through themes and effective sequencing.

Dates: August 22/23: Sept.19/20: Oct.3/4: Oct. 24/25: Nov.7/8: Dec.12/13: Jan.16/17 2021

Full 200 hour program including Immersion and Teacher Training

Early bird pricing: \$2990 prepaid by December 1, 2019.

Includes \$300 non-refundable deposit.

After December 1st: \$3350.

Includes \$300 non-refundable deposit.

Immersion Only 100 hour

Early bird pricing: \$1675 prepaid before December 1, 2019.

Includes \$300 non-refundable deposit.

After December 1st \$1800.

Includes \$300 non-refundable deposit.

Teacher Training Only (Students must have taken a 100 hour Anusara Immersion to enroll)

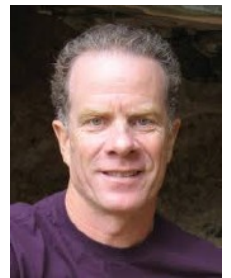
\$1675 prepaid by August 1st, 2020.

Includes \$300 non-refundable deposit.

After August 1st, 2020:\$1800.

Includes \$300 non-refundable deposit

Charly Pivert is a Certified Anusara® Yoga Instructor who has studied with John Friend since 1994. With over 25 years of teaching experience, Charly brings a deep understanding of how the physical practice of Yoga can connect to one's heart and have the power to transform lives. Charly teaches and lives in Austin, Texas. charlypivert@gmail.com, <https://austinsoulyoga.com/>



Jane Goldstein is the owner and an instructor at Two Hearts Yoga Studio. Her passion is the study of yoga, health and fitness. Jane began instructing health and fitness classes in 1984 and yoga in 1998. She is a certified Anusara Yoga teacher with over 3,000 hours of training. In addition Jane has a Masters of Science degree in Health Education.

Contact Jane for a payment plan if needed.

Register at the studio or www.twohearts.net/purchase

Questions? Contact Jane Goldstein

text or call 210-240-6141 or email yoga@twohearts.net

5309 McCullough Ave, San Antonio TX 78212



<http://twohearts.net>