# Yoga IMMERSION

## YOGA KALA - MURWILLUMBAH

**NOVEMBER - Sunday 7 to Wednesday 10, 2021**

**SCHEDULE**
- **Guided Practice:** Mon/Tue/Wed - 7am to 9am
- **Q&A + Yoga + Restorative:**
  Sun - 1:30pm to 4:30pm
  Mon & Tue - 10:30am to 1:30pm

**FEE**
- **$390 = early bird if paid 3 weeks prior to start date**
- **$420 = after early bird**

## ALL ENQUIRES + BOOKING

**Julie Dixon: 0432 224 520**

"This course has affected such a positive change in my yoga & my life that I'd recommend it to everyone!"

# Yoga IMMERSION

## ABOUT -

The Yoga Immersion is a program of progressive learning designed for enthusiastic yoga students of who are looking for a structure which will guide them in furthering their understanding of yoga asana and the basic's of yoga philosophy.

The emphasis is on how to do and how to practice Iyengar Yoga.

Sequences are introduced to assist you in developing your own yoga practice in the morning session.

In the second session we look at how to practice a particular asana & pranayama according to the Iyengar method.

Also in the afternoon session you are introduced to the basis of Iyengar Yoga, looking at the philosophical frameworks from which it flows. Questions & discussions are encouraged.

Yoga Immersion has been introduced to offer a broader format to learning yoga. It can be easily used to enhance participation in regular yoga classes, enabling you to really make the most of them, as well as taking you beyond them so that with the combined practical & philosophical directions, your yoga can have a deeper meaning & connection to your life.

The Yoga Immersion leads yoga students towards becoming self-reliant yogis & yoginis; a perfect way to honour the desire to explore the art & science of yoga, regardless of where the path may lead.

## TESTIMONIALS -

*...Interestingly I've had a break through on some of my least favourite poses because of the detailed & insightful way you describe them, thank you!*

*...My enthusiasm for home practice has returned & I'm enjoying the 'learning practices' as a structure that I can cycle through without boredom…*

*...I found overall a huge change in my practice, definitely greater freedom in the asanas and it's been a joy to explore the philosophy too…*