



Immersions & Teacher Trainings with Karen Heaven Claffey

The 100 hours Anusara® Yoga Immersion program is offered in 3 parts and is the first step on a transformational journey into Anusara yoga philosophy and methodology. The Immersion Curriculum provides the fundamental framework for your expanding relationship with the practices of asana, meditation, pranayama, study and contemplation. It is a great educational and life changing experience. The Immersion program is designed to provide a strong foundation of practical understanding of Anusara yoga for all serious students, and for those students who wish to enter into Anusara Yoga Teacher Training. It is open to all students who have been inspired by this heart-centered and magically therapeutic system and want to understand more deeply what it's all about. After completing a 100-hour Anusara Immersion students are expected to have a solid working knowledge of all the basic principles of Anusara yoga and be able to integrate the key elements of the teachings into their yoga practice and their daily lives.

Upon completion of the Anusara Immersion, for those who wish to further their journey as yoga teachers, the next step is to complete the Anusara Yoga Teacher Training. Upon completion of both the 100-hour Anusara Immersion and 100-hour Anusara Yoga Teacher Training programs participants may register with Yoga Alliance at the 200-hour level of certification.

Immersions

Hamilton-Stoney Creek, ON:

Heaven on Earth Yoga Institute

Address and contact information in footer.

Spring-Autumn Program:

June 15-October 20, 2013

Part 1: June 15-19, 2013

Part 2: August 21-25, 2013

Part 3: October 16-20, 2013

Daily Schedule:

7:00 am-4:30 pm

Breakfast 9:00-9:45/Lunch 12:45-2:00 pm

Teacher Trainings

Hamilton-Stoney Creek, ON:

Heaven on Earth Yoga Institute

Dates coming soon



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The Anusara Yoga Immersion Covers the Following Topics

Part 1:

- The Anusara Yoga Universal Principles of Alignment (systematic study of Opening to Grace, Muscular & Organic Energy, the Spirals & Loops)
- An overview of the life-enhancing, broad-based Tantric philosophy that informs Anusara Yoga; the 3 A's; the tradition and path of studentship
- A history of the origins and various streams of Yoga and its philosophy
- Approximately 3 hours of asana instruction per 6-hour day
- Meditation, Pranayama, Chanting and Contemplation
- Basic Anatomy

Part 2:

- An investigation into more refined aspects and applications of the Universal Principles of Alignment and auxiliary principles
- An introduction to the remarkable cosmological model of the Tattvas developed by the Kashmir Shaivite tradition
- An exploration of the Yoga Sutras of Patanjali examined through the enlightening and accessible viewpoint of Tantric Philosophy
- A deepening of the practices of meditation, contemplation and pranayama
- More detailed discussion of kinesiology and anatomy

Part 3:

- Continued expansion and refinement of the Universal Principles of Alignment, including general principles for all classes of poses
- The art of sequencing Anusara style
- Study of the Bhagavad Gita
- The anatomy of the subtle body (kundalini, chakras, nadis and koshas)
- Intermediate pranayama
- Deepening your meditation practice
- The Immersion may be taken separately from the teacher training. Students are welcome to participate in one or more of the Immersion modules individually, see dates and pricing below.

Pre-requisites:

The recommended pre-requisite for the program is 30 hours of Anusara Yoga classes or workshops.

Course Requirements:

Upon registration, you will receive the list of required and recommended texts. During the course of the training, there will be required reading, written assignments and in-class quizzes. You will also be asked to attend weekly Anusara yoga classes to help integrate your studies. During the teacher training segment, practice teaching and personal practice will also be required.



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About the Teacher



Karen Heaven Claffey is a certified Anusara Yoga teacher and yoga therapist, E-RYT-500. She has been practicing yoga since 1995, teaching yoga full-time since 2000; training teachers since 2002, and has been devoted to the Anusara Yoga method and community of since 2003. Karen has been dedicated to the path of holistic health and healing since 1985 including macrobiotics, shiatsu and Thai yoga massage, and Ayurveda. She is founder-director of *Heaven on Earth Yoga Institute* center in Stoney Creek, Ontario (originally based in Montreal, QC) and teaches training programs locally and abroad. It is Karen's greatest joy and life's purpose to empower students to discover and embrace their unique beauty, inner strength and radiance, and realize their fullest potential! For more information about Karen visit her web page [About Karen](#)

Registration

Include your completed Application-Registration form PDF available on our [web page](#) or contact us.

Application-Registration form provides details about curriculum, tuition payment methods, prerequisites, homework, accommodations, and meals.