

With Certified Anusara Teacher Marsha Nieland

Immersion Dates: (3 week series)
April 4-5, April 18-19, May 16-17

All levels welcome: everyone from experienced beginners to yoga teachers

The Anusara Immersion is a 108 hour program (divided into three 36 hour segments) designed by founder John Friend to cover all the aspects of yoga. The program will lay a solid foundation in asana alignment technique of the Anusara style. pranayama, meditation as well as focus on the up-lifting and inspiring philosophy that Anusara is built upon. The immersion is open to enthusiastic students who would like to take both their physical yoga practice and knowledge of the philosophy to a deeper level while learning and growing in a circle of friendship.

The immersion invites you to expand your mind and heart, connect with your spirit and the spirit of the community, while providing a rich and transformative experience.

Location & Registration

The Immersion will be held at Fusion Studio, 600 3rd Street, S.E., Cedar Rapids, IA 52401

Investment: (all 3 weekends) is \$450 if registered before Feb. 1 or \$500 thereafter. Payment plans available.

Refund Policy: Cancellation requests must be received by March 1st for a refund. After that date no refunds will be given unless space can be filled. Students must fill out an immersion application form. A recommended reading list will be provided after application is reviewed.



Before entering part 1 immersion, Anusara students should take at least 30 hours or 3 months of public classes with an Anusara Certified or Anusara-Inspired Yoga teacher in order to have a proper introduction to the style. The Anusara Immersion is a prerequisite for those who wish to enter an Anusara Teacher Training Program. In this immersion there is no pressure to teach yoga or any instruction on how to teach, only the pleasure and challenge of basking in the deeper knowledge of this practice.

Marsha Nieland: Certified Anusara Yoga Teacher and Anusara Yoga Certification Committee Member. She has studied with and assisted Anusara Founder John Friend as well as other Senior Anusara teachers. Her teaching style is uplifting, energetic and empowering.

She resides in Cedar Rapids, IA and is the owner of Fusion Studio, voted best yoga studio in Eastern Iowa by KCRG A-list. Marsha offers workshops, immersions, teacher training, and retreats both locally, nationally, and internationally.

Fusion Studio, 600 3rd Street, S.E., Cedar Rapids, IA 52401, 319-364-8085

You're already here, Our Website: www.fusionstudiocr.com

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