



## Anusara Yoga Immersion Part 2 at Fusion Studio

Home	About Us ▾	Classes ▾	Registration ▾	Events ▾	Inspirations ▾	Contact Us
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**With Certified Anusara Teacher Marsha Nieland**

**Immersion Dates: (3 week series)  
July 17-18, July 31-Aug 1, Aug 14-15**

**Pre-requisites for the Immersion** - Before entering Part 2 Immersion, Anusara students should have taken Part 1 or have permission from the instructor.

Anusara-Immersion program is designed for dedicated students of yoga to take their practice and understanding of yoga to the next level. This in-depth program, according to John Friend's curriculum, is for anyone who wishes to pursue a deeper experience of yoga as well as a pre-requisite for those who wish to enter an Anusara Teacher Training Program.

This is part two of a three part (108 hr) series. Each one is 36 hours and is offered over three weekends. This immersion invites you to expand your mind and heart, connect with your spirit and the spirit of the Kula, while providing a rich and transformative experience. Both immersion 1 & 2 are required in order to apply for Anusara Teacher Training, which will begin September 2009.

### Curriculum:

- A deeper understanding of Tantric philosophy as it applies to yoga texts such as the Yoga Sutras of Pantanjali
- The path of yoga and yoga ethics
- Dive deeper into the study of meditation, pranayama and alignment principles in standing poses, forward bends, back bends, twists.
- Poses from level 2 syllabus will be introduced
- You will also learn how to begin a personal meditation, pranayama and asana practice.
- Set your sights high, as the journey deepens.

### Immersion Dates:

This 36 hour series is spread out over 3 weekends. Participants must take all three weekends.  
July 17-18, July 31-August 1, August 14-15, 2009  
Session Times are: Friday 3:00-8:00 pm, Saturday 9:00 am - 4:00 pm

### 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 April 15th or \$500 if registered after April 15th. Payment plans available.

Second Payment Option: pay \$200 to reserve space and balance of \$300 due by July 17th.

Refund Policy: Cancellation requests must be received by June 30th for a refund. After that date no refunds will be given unless space can be filled. Students must fill out an immersion application form.



**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](http://www.fusionstudiocr.com)

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