

Immerse Your Self in the Teachings of



Anusara Yoga Immersion with Karunamayi

Immerse Yourself into the Magical, Transformative Heart-Centered Practices of Anusara Yoga! This 108 Hour Course is divided into three parts, and it offers an opportunity to deepen your understanding of these powerful practices while offering the potential for wondrous personal transformation. You will refine your skills in Anusara Yoga, learn more about Anusara's Heart-Center Philosophy, discover the power of the breath and Journey to the Heart of Consciousness through meditation. This immersion can empower your practices, improve your health and transform your life!

Part One: Sept. 23-25 and Oct. 21-23

Part Two: Nov. 18-20 and Dec. 2-4

Part Three: Jan. 20-22 and Feb. 17-19.

Cost: Each part, \$600; full series \$1,800. *Register for full series by Sept. 8 and receive a 10% discount.* Payment plan available.

Instructor: Karunamayi (Kathryn Wiese), Certified Anusara Yoga Instructor and Director of There's No Place Like OM Yoga, Waimea

Register: Contact Karunamayi at 808.640.7204 or info@omhawaii.com

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