

Come and join us in Jacksonville Beach for our Anusara Teacher Training! Joyce Savitz has been involved with yoga since 1976.

Her style of teaching is both fun and educational. Her enthusiasm in helping students and teachers learn how to align their body, mind and spirit is uplifting and encouraging.

Joyce has been a Registered Massage Therapist since 1984. Her in depth knowledge of the human body's anatomy and physiology will enhance your learning as a yoga teacher.

Joyce's studio has been open since 2000 and is very successful in reaching all levels of students and teachers. She began teaching in 1977 and has taught throughout the city and has been televised on our local channels.

Come and enhance your knowledge in your yoga practice and/or teaching!



JACKSONVILLEYOGA.COM  
391 THIRD AVE. SOUTH  
JACKSONVILLE, FL 32250

## JacksonvilleYOGA.com

200 hour Anusara Teacher Training

North Florida's ONLY Anusara  
Certified Yoga Teacher

JOYCE SAVITZ

Upon completion you will be  
qualified to be a 200-Yoga  
Alliance Certified Teacher.

This training is also a prerequisite  
towards Anusara Certification.





## 200 Hour Teacher Training

### IMMERSION ONE: Open To Grace

We will be working with the general form of the pose, optimal blueprint of the body, breath as a way to stay connected to the Universal, Primary Principles of Alignment, the general principles of Shoulder/Upper body and Hips and lower body as well as the Main Elements of Anusara Yoga, the 3 A's, over view of philosophy, Core metaphysical Principle and ethics.

### IMMERSION TWO: Divine Beauty

This immersion will take us deeper into the principles of alignment with more difficult poses as well as learning about the Yoga Sutras, Kula and studentship.

### IMMERSION THREE: Staying Connected with Beauty and Grace

We will be working with the poses from Syllabus 2 and learning at an even deeper level the UPA's. We will delve into the learning of the Bhagavad Gita and the Chakras.

**These Immersions will be followed up with 6 weekends of teacher training that will enhance your learning of the Immersions.**

There will be plenty of opportunities to practice teach in an environment that will enhance your confidence. The support that you receive creates a wonderful connection with your fellow classmates that will stay with you long after the training has completed.

## 2012 Teacher Training Schedule

<b>Weekend dates</b> (start Friday at 6 PM)	<b>Session</b>	<b>Payment Due</b>
March 23 & April 27	<b>Immersion ONE</b>	March 10
May 25 & June 22	<b>Immersion TWO</b>	May 10
July 27 & August 24	<b>Immersion THREE</b>	July 14
Sept. 28 & Oct. 19	<b>*Teacher Training 1</b>	September 15
Nov. 16 & Dec. 14	<b>*Teacher Training 2</b>	November 10
Jan/Feb 2013	<b>*Teacher Training 3</b>	January 15

\*Teacher Training is available for those students that have passed all 3 Immersion empowerments.

We have many different options for payment of the entire training.

Payment in full is the most economical in that you save \$300 (\$2700 paid by January 10).

To pay by the Immersion, the cost is \$500 if paid by the due date. It goes up \$100 after the due date. You can also pay by the weekend and the cost is \$325 per weekend.

The prerequisite for this training is at least 30 hours of Anusara Yoga Classes. (contact Joyce if there is any problems with the above)