

YOGA TREE

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STEP INTO GRACE WITH THE ANUSARA YOGA IMMERSION

by Stacey Rosenberg
Certified Anusara Teacher

What is Anusara Yoga? This is a commonly asked question since Anusara Yoga is a relatively new paradigm within hatha yoga. Anusara (a-nu-sar-a) Yoga powerfully blends the science of biomechanical principles of alignment with a spiritually uplifting and inspiring philosophy to create a system of hatha yoga that is healing, empowering and transformational.

The highest intention in Anusara Yoga is to recognize our true natures as supreme auspiciousness. It challenges us to look inward and connect with divine grace and learn to live in harmony with it. The concept of an open heart is paramount in Anusara Yoga. As a practitioner continues on this path of awakening she learns to make choices in life that are shri (life-enhancing). When you align your body, mind, and heart with this universal goodness your energy flows optimally and you feel totally alive and filled with joy. You return to your natural state of being and are able to realize your true potential as a human being.

"If you're looking to make a meaningful step toward positive changes in your life, I don't think anything could be more powerful than an Anusara Immersion -- even, or especially, if you're not on the teacher track." A.O.

In Anusara Yoga the asana practice is not mere exercise. It is a means to connect with our inner Self whose nature is unbounded joy, and also to artistically express this inner delight outward in all the ways we engage in the world. This intention is realized by using the Universal Principles of Alignment in the asana practice to optimally align the pose to its fullest potential in each moment. Although Anusara classes are lighthearted, positive and fun, they are not easy. They include vinyasa flow and a lot of alignment work. As we learn to more engage deeply in ourselves we gain access to doorways of awakening and insight that allow us to create great transformation in our lives.

"I am so grateful for the knowledge and experience the Anusara Immersion brought into my life. While I do not exclusively attend Anusara classes, I am able to apply the principles in any type of yoga class. I feel much steadier, calmer and stronger on my mat. I also run several times a week and I've even found that the alignment principles apply to other types of exercise! My practice has gone from being a 3x/week part of my life to becoming a philosophy that is with me all the time". - M.S.

There are five main alignment principles which are applied sequentially in each pose: Opening to Grace, Muscular Energy, Inner Spiral, Outer Spiral, and Organic Energy. Along with these, there are secondary alignment principles called loops that are used to refine alignment. Anusara appeals to those who want to work both their physical and spiritual well-being.

Anusara is also highly regarded for its therapeutic benefits. Many students come because they have pain or wish to heal from past injuries. The principles of alignment are so effective and accessible that within minutes students can experience relief from their pain. They can learn to keep themselves safe by utilizing the principles in all aspects of their lives. For this reason, the practice is extremely empowering. It enables students to consistently soar to new levels, not only on their mats, but also in their lives.

"Stacey's Anusara Immersion profoundly expanded my physical, emotional, and spiritual awareness. She is thorough, profound, and dedicated. I loved it so much, I took it twice!" - S.W

Besides Anusara's Universal Principles of Alignment and its life-affirming Tantric philosophy, there is a great emphasis on kula (community) in this practice. The Anusara Kula is diverse, inclusive, and ever expanding. Individuality and creative self-expression, which glorify the greatness of the kula, are encouraged and celebrated. We recognize that we have the power to uplift and celebrate each other and that we are collaborators on this path to awakening.

A great way to discover the beauty of the Anusara Yoga practice is to participate in the Anusara Immersion. The immersion is open to anyone who would like to take a physical yoga practice and knowledge of philosophy to a deeper level, while learning and growing in a circle of friendship.

The next Anusara Immersion starts April 11th, spaces are filling quickly. For more information or to download an application, [click here](#).

Stacey Rosenberg, Certified Anusara Teacher

"Stacey Rosenberg is a truly gifted teacher and I am so happy to have deepened my practice by participating in the Anusara Immersion." - W.T.

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