

# anusara<sup>®</sup> yoga immersion

part one

with Brooks Haislip

& special guest Sarah Faircloth

**This is an invitation to step deep into YOGA and  
deepen your understanding of Anusara.**

**training includes:**

**yoga philosophy, a study of the roots of the Anusara tradition, all Anusara syllabi level 1 postures, the universal principles of alignment, anatomy, physiology & therapeutics, pranayama & meditation**

**Part 1a March 27 & 28 - Part 1b April 17 & 18**

**This is a complete 34-hour program that will meet Saturdays and Sundays 8-5:30**

**Fee \$500 cash or check (full part 1 a & b participants receive priority as space is limited)**

**To be held in a private studio near Providence Day School in Charlotte, NC**

**Contact: Brooks Haislip [brookshaislip@live.com](mailto:brookshaislip@live.com) 704-458-0912**

**Brooks Haislip is a Certified Anusara Yoga Teacher in Charlotte, NC. She has had the honor of studying with many amazing yoga teachers, primarily Sarah Faircloth and John Friend, as well as Tantric Philosophy Scholars Douglas Brooks, Paul Muller-Ortega, and Bill Mahony and Energy Healing with Kelley Gardner. Brooks delights in the infusion of all of these great teachings, which resonate with a profound presence in her heart and provide a strong basis for an enriched teaching style. She enjoys teaching public classes and regional workshops. She has a teaching style that is playful, dynamic, challenging, intuitive and wonderfully healing.**