



# THE ESSENCE OF YOGA

WITH DANIELLE FOWLER, E-RYT 500  
& YOGA OCEANSIDE STAFF TEACHERS



*7-day Yoga Immersion for Body, Mind and Soul*

**January 12th - 18th, 2018**

Yoga Immersion is a unique opportunity to immerse yourself in the essence of Yoga. This program is designed for students of all levels who wish to take their practice and understanding of yoga to the next level. The structure of the immersion provides a solid foundation for diving deeper into your practice and can profoundly transform your life. Each day will include a nice balance of movement, lecture, conversation, reflection, and relaxation. You can expect to be pleasantly engaged physically, mentally and spiritually in a supportive, playful and inspirational environment.

*The Yoga Immersion will include:*

- *Daily Yoga Classes*
- *Philosophy and History of Yoga*
- *Introduction to Patanjali's Yoga Sutras & Ashtanga Yoga*
- *Developing a Personal Practice On and Off the Mat*
- *Learning the Anatomy of the Energy Body & Chakras*
- *In-depth Body Alignment and Movement Principles*
- *Exploration & transformation in a supportive community*

Cost: \$700 (Early bird rate paid in full by December 31st - \$595)

Schedule: Friday 1:00-5:00pm; Saturday thru Thursday 9:00am – 5:30pm

**The Essence of Yoga Immersion is open to all curious yoga students.**

**The hours also count towards the 200 hour True Nature Yoga Teacher Training.**

To learn more about the Yoga Teacher Training program visit [www.TrueNatureYoga.com](http://www.TrueNatureYoga.com) or call #760-458-4517.



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[www.TrueNatureYoga.com](http://www.TrueNatureYoga.com)