



TAUGHT BY MASTER: ARVIND SINGH GUSAIN

ASHTANGA IMMERSION

Believe in yourself

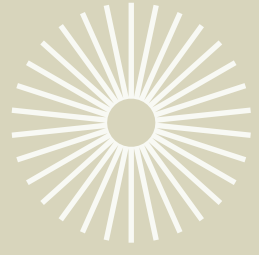
16-25 april 2025
RISHIKESH | INDIA

WHAT CAN YOU EXPECT FROM THIS EXPERIENCE

- 01 Dive deeper into the practice of Ashtanga Vinyasa in a safe and systematic way
- 02 Learn methods and skills to improve your ashtanga practice
- 03 Improve your discipline and will power
- 04 Share with like minded people in a safe surrounding.
- 05 Live for 10 days in the world capital of yoga, Rishikesh.



+ more



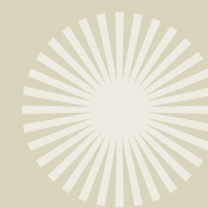
where will *you stay*

All the main activities will occur at
Anadi Yoga Centre, our school in
Rishikesh India.

In the school you will sleep, eat
and practice.



HOW WILL THIS IMMERSION LOOK LIKE DAILY



8:00 am - 10:15 am ASHTANGA LED PRACTICE

11:00 am YOGIC BRUNCH

3:00 Pm TEA TIME

4:30 Pm- 5:30 ASHTANGA METHOD

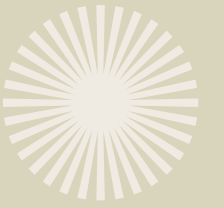
6:30 pm DINNER

7:30 pm SATSANG



*schedules may change accordingly due to weather or other condition

UNDERSTANDING THE CONCEPTS:



Ashtanga Led practice:

The teacher will be guiding the practice and adjusting the students

Mysore Style

there will be one mysore style practice (self practice)

Ashtanga Method

Is where you will learn techniques for the different group of postures, as well as drills, drop backs, strengthening techniques and much more.

Satsang

You will nurture your practice with yogic talks, stories, meditations, yoga nidra, or other.





WHO WILL BE YOUR TEACHER

ARVIND SINGH GUSAIN

Arvind Gusain, co-founder of **Anadi Yoga Centre**, was born in Rishikesh, India. He started practicing yoga at the age of twenty-one, since then he has been following and practicing the **path of Yog** with truly devotion; introduced and guided by his **Guru ji**, he has studied **Vedic Astrology** under the guidance of **Swami Maheshanand Ji**.

Arvind received a **Masters Degree** in Yoga Science from **Sanskrit Gurukul Vishvavidyalay**, in Haridwar, India. He has completed 500 hours of teacher training, studied with **various great Indian teachers** and attended an intensive Ashtanga Vinyasa course with the renown Australian teacher **Mathew Sweeney**, a prestigious teacher from Mysore, India.

He has been **teaching for 10 + years**, in addition to his time spent teaching in Rishikesh, he has also spread his love and knowledge of yoga in **Thailand**.



when & where

Rishikesh, april 16 to april 25

requirements:

You have to have practice the ashtanga primary series.
Know the primary series (you don't need to be an expert, you will be provided with a chart)
Understand basic english

includes:

- Complete immersion with certificate.
- Course material
- Accommodation
- 2 meals per day
- 1 trip
- 1 surprise gift

does not include

Flight ticket, visa expenses, health insurance, extra meals

Price:

\$800 USD (private room with attached bathroom)

\$700 USD (shared room 2 people with attached bathroom)

*to reserve your spot you need to pay the 20% of the course via Paypal + 10USD (paypal commission). the remaining amount should be payed in cash in the school

the immersion has a maximum capacity of 20 spots



FOR INQUIRIES OR ANY
QUESTIONS:

anadiyogaespanol@gmail.com



B e l e i v e i n

y o u r s e l f