

# THE YOGA PATH

## Yoga Immersion with Christy Burnette

### Who is Christy Burnette?



Christy Burnette is a Certified Anusara Yoga Instructor and the Director of Yoga Education for the Southwest Institute of Healing Arts. She is known for her ability to teach to each individual student's unique needs and has a delightful sense

of humor. Christy travels worldwide sharing workshops, retreats, Immersions and Therapy Trainings.

### What is an Immersion?

The purpose of the immersion is to promote exponential progress in your practice and on your life path. The time to envision and manifest your deepest longings and highest aspirations. Take the leap!

### What Will I Learn?

- ✘ Detailed Exploration of the Universal Principles of Alignment
- ✘ Tantric Yoga Philosophy & History of Yoga
- ✘ Anatomy Components for a Strong & Safe Practice
- ✘ Fundamental Pranayama, Meditation, Journaling & Sanskrit
- ✘ All Asana from the Anusara's Level 1 & 2 Syllabus

### Register Today

Email [info@omahayogapath.net](mailto:info@omahayogapath.net), call **905.2295** or **mail** your registration to The Yoga Path. Class size is limited, so register early.

### Phase 1 • February 26–28

- All Classes
- Friday 6:30–8:30pm
- Saturday 8:30–Noon
- Saturday 1:30–4:00pm
- Sunday 8:30–Noon
- Sunday 1:30–4:00pm

### Phase 2 • March 26–28

- All Classes
- Friday 6:30–8:30pm
- Saturday 8:30–Noon
- Saturday 1:30–4:00pm
- Sunday 8:30–Noon
- Sunday 1:30–4:00pm

### Phase 3 • April 16–18

- All Classes
- Friday 6:30–8:30pm
- Saturday 8:30–Noon
- Saturday 1:30–4:00pm
- Sunday 8:30–Noon
- Sunday 1:30–4:00pm

**COST** Each Weekend: \$185  
All Three Weekends: \$480  
Each Class: \$40

Please specify the classes you will be attending. Educational handouts will be provided with each session.

