



3841 SW Hall Blvd, Beaverton, OR 97005  
503 644-1865 [www.yogaheartsong.com](http://www.yogaheartsong.com)

### 2012 Immersion Schedule

| Date/Time                 | Topic  | Instructor      |
|---------------------------|--|-----------------|
| Jan 20, 6 – 9 pm          | Philosophy – Living a Yogic Lifestyle                              | Jessica Halpern |
| Jan 21, 11 am – 2:00 pm   | Asana Focus: Principles of the Legs                                | Leslie Ellis    |
| Jan 22, 12 – 3 pm         | Therapeutics and Adaptation: The Feet                              | Leslie Ellis    |
| Feb 12, 6 – 9 pm          | The Yoga Sutra/8 Limbs of Yoga                                     | Leslie Ellis    |
| Feb 13, 11 am – 2:00 pm   | Asana Focus: Principles of the Pelvis                              | Leslie Ellis    |
| Feb 14, 12 – 3 pm         | Therapeutics and Adaptation: Anxiety and Depression                | Leslie Ellis    |
| Mar 9, 6 – 9 pm           | Yama and Niyama  | Leslie Ellis    |
| Mar 10, 11 – 2:00 pm      | Asana Focus: Standing Poses  | Jessica Halpern |
| Mar 11, 12 – 3            | Therapeutics and Adaptation: Hips and Pelvis                       | Leslie Ellis    |
| Apr 13, 6 – 9 pm          | The Branches of Yoga   | Leslie Ellis    |
| Apr 14, 11 am – 2:00 pm   | Asana Focus: Principles of the Core and Belly                      | Leslie Ellis    |
| Apr 15, 12 – 3 pm         | Therapeutics and Adaptation: Core and Pelvic Floor                 | Leslie Ellis    |
| May 12, 11 – 2 & 3 – 5 pm | Asana Focus: Balancing the Masculine and Feminine Elements in Yoga | Mary Paffard    |
| May 25, 6 – 9 pm          | The Brahmaviharas  | Leslie Ellis    |
| May 26, 11 am – 6:30 pm   | Asana Focus: Twists  | Jessica Halpern |
| May 27, 12 – 3            | Therapeutic Adaptations: Lower Back Pain                           | Leslie Ellis    |
| June 8, 6 – 9 pm          | The Koshas: Sheaths of Being                                       | Leslie Ellis    |
| June 9, 11 am – 2:00 pm   | Asana Focus: Principles of the Arms/Shoulders and Neck             | Leslie Ellis    |
| June 10, 12 – 3 pm        | Therapeutic Adaptations: Shoulders and Neck                        | Leslie Ellis    |
| July 13, 6 – 9 pm         | The Kleshas: What gets in the way of happiness?                    | Leslie Ellis    |
| July 14, 11am – 2 pm      | Asana Focus: Inversions  | Leslie Ellis    |
| August 10, 6 – 9 pm       | Ayurveda: The Doshas   | Gianna Piccardo |
| August 11, 11 am –        | Asana Focus: Back Bends  | Jessica Halpern |

|                           |   |                                    |
|---------------------------|---|------------------------------------|
| 2:00 pm                   |   |                                    |
| Aug 12, 12 – 3 pm         | Therapeutic Adaptations: Digestion                                      | Jessica Halpern                    |
| Oct 12, 6 – 9 pm          | The Bhagavad Gita   | Leslie Ellis                       |
| Oct 13, 11 am – 2:00 pm   | Asana Focus: Forward Bends  | Leslie Ellis                       |
| Oct 14, 12 – 3 pm         | Therapeutic Adaptations: Headaches and Sleep                            | Leslie Ellis                       |
| Nov 9, 6 – 9 pm           | The Chakras   | Leslie Ellis                       |
| Nov 10, 11 am – 2:00 pm   | Asana Focus: Potpourii – student lead practice – level 2                | Leslie Ellis                       |
| Nov 11, 12 – 3 pm         | Therapeutics and Adaptation: Scoliosis                                  | Leslie Ellis                       |
| Dec 7, 6 – 9 pm           | The Contemporary Yogi   | Leslie Ellis                       |
| Dec 8, 11 am – 2:00 pm    | Asana Focus: Potpourii, student lead class – level 1                    | Leslie Ellis                       |
| Dec 9, 12 – 3             | Therapeutics and Adaptation: Restoratives and Basic Breathing Practices | Leslie Ellis                       |
|                           |   |                                    |
| To be arranged by student | 1 private lesson  | Leslie Ellis/HeartSong Instructors |

Scheduled dates for the training are mostly confirmed however the Oct date may be changed to Sept. Exact date that any particular topic is presented is subject to change.

Highlighted classes are Therapeutic Focus classes, not included in Immersion but can be added on.

### Program Rates:

Philosophy Immersion -- \$400

(Scheduled Friday nights, no private lesson, includes homework review and feedback)

Asana Immersion -- \$390

(Scheduled Saturdays, 1 private lesson)

Full Immersion -- \$775

(Scheduled Fridays and Saturdays, philosophy homework review, 1 private lesson)

Add Therapeutic Focus classes -- \$35 each or \$330 for all 11