

What Immersion and Teacher Training Graduates have to say about their experience:

“The Immersion is therapeutic for the mind, body and spirit... a holistic approach. I have learned so much about myself during this time. It was amazing to have the support of the community. Connecting with people on the same path is a necessary part of spiritual growth and something I was lacking before the Immersion. I couldn't have spent my time and money on anything better.” Nora Bacon

“If you are looking to take a rocket ship into the realm of spirituality, consciousness, health and endless love... the Anusara Immersion is the perfect way to do that, and Bea is the perfect person to lead you on that journey. She is an inspiration to all.” Greg Raudenbush

“I've taken other trainings, all valuable, however, this is the most thorough, and the most integrated program I've been a part of. I've also noticed how this practice has activated the Shakti, if you will, in my performances. I'm a professional singer and everything is so fluid and so much more connected.” Whitney Malone

“In looking back over the last 9 months in my Immersion class, I feel a deep sense of gratitude. Through Bhava and specifically Bea, I have grown in ways I could not even have imagined. My experience has strengthened my asana practice, taught me about Anusara philosophy, and has enabled me to cultivate new friend within a warm community. However what touched me in the most profound way was what I learned about myself—confidence, joy, and grace. Thank you Bea and Bhava for this gift... it was definitely worth the drive from El Paso.” Susan Jaffee

“The Immersion is a fabulous opportunity to take your personal practice to a much deeper level. You are allowed time to incorporate the approach to a new level of understanding. Bea helped me to feel comfortable, welcome and at ease. Thank you!” Shauna McCosh

“This experience exceeded all my expectations. Bea is a great teacher. The things I have learned over these nine months have greatly helped my physical practice as well as given me a lot of things about which I want to learn more.” Bill Lowrey

“The Anusara Immersion offers me the opportunity to bring a deeper commitment to my yoga practice and my daily life. As I dove into the teachings, I watched my life and my perspective transform into a more balanced, integrated and grace-filled existence.” Liz Klug

“I jumped into the course without really knowing what it was about, but I knew I wanted to get more out of the practice than just exercise. I am so glad I took the plunge! Bea was such a terrific guide and patient teacher. She taught as much through example as through instruction. Finally, one of the greatest aspects was the sense of community that formed with the group. This made for an environment that was supportive, fun and fostered deeper understanding of the teachings.” Charlie Gieseler

“The Anusara Immersion has been invaluable to me. Bea has shared her vast knowledge of Anusara yoga, Tantra philosophy and so much more. I feel I am a better yoga instructor for this class and I am very grateful.” Marisol Brito.

“Bea Doyle's intelligent and devoted pursuit of the path of yoga is inspiring. Bhava Yoga Studio has the feeling of a place where all are welcome and equal. Her planning was thoughtful and integrated. The Immersion at Bhava gave me a new understanding of the path of yoga and a longing for more. Like a dinner in a fine restaurant, I will return.” Maureen O'Brien

“In the end, the breadth of what was covered is amazing and a testament to the enthusiasm and vision of John Friend and all the teachers of Anusara. I am most appreciative of the effort made and that Bea Doyle has taken the leap to be present here in Albuquerque to teach and share her love of Anusara yoga. The course met and exceeded my expectations. With Gratitude in my heart, I thank you for following your dharma.” Judith Pentz

“This was an incredible life-changing experience. I wish I could continue to meet with Bea and become immersed in Anusara yoga for the rest of my life. Simply as it finished now, it feels as if it's only started.” Lena Armstrong Strober

“The Immersion Program has brought great depth and richness to my life. Many years ago my life was dark and painful, the loss I was experiencing was overwhelming and I didn't love myself. Through my practice and my studies, I have become grounded and stable. I feel like the lotus flower that has emerged from the murky waters, freely shining out and happy.” Lori Allison

"I can't say enough about how wonderful Bea and the Immersion have been. Her uplifting spirit is so inviting, and her knowledge of the subject matter and curiosity for learning was so inviting. Bea's consistency allows us to stay focused and on a planned trajectory. The Immersion is both life affirming and life changing! Every one of us in the class is blessed to be there." Mike Pogue.

"As always, Bea guides her student clearly and concisely down the path of Anusara. She is very knowledgeable on a very wide range of topics. Although the class is geared towards teaching many people, she is always willing to explore what any aspect of it might mean for an individual. Any student who has taken this Immersion will finish with a much greater appreciation and understating of not only Anusara and its principles, but of yoga as a whole." Thomas Bonner

"The Immersion has been life-changing for me by my looking deeper into yogic life, and I feel like I have a new family... a very sweet experience." Mia Battaglia

"My Immersion experience has allowed me to go deeper into my practice and become more of a member of the community. These were two aspects I was looking for in my Immersion experience... deeper practice and community. Thank you." Judy Murren

"The Immersion has been an amazing experience for me. I've experienced growth on the mat and much to take out into the world. The community here in the program has been very warm and nurturing, and a supportive place to discover more deeply your practice and yourself. Thank you for all of these profound teachings." Stephanie McKellar

"I had planned on doing the teacher training in Tucson starting in August. After your class last Sunday I started to question why I needed to travel when there is an amazing teacher right in town." Michael Quanci

"The Immersion was simply wonderful. While I expected the improvements in my physical practice, I had no idea how much my emotional and spiritual understanding would grow. I've also been amazed at how increased physical strength has translated into increased inner/emotional strength. Bea is a wonderful person to guide you on that journey. She is knowledgeable, loving, fun, and inspiring teacher." Sandra Ortsman

"The Immersion has been so much more than I expected. I think any student would find it worth their time and effort. Learning in a setting that Bea provided is a beautiful opportunity to connect with yourself, with fellow students and take that right into your daily life." Patricia Hicks

"The Immersion was life changing for me. I'm so incredibly grateful for the way you presented the teachings -with such authenticity and clarity. It has inspired my teaching, my parenting, my friendships, and my marriage.... everything. Angie Campbell

"I had only a very little idea of what to expect from this Immersion. I felt very drawn to do it at this time in my life. I have been truly blown away!! The teachings and the practice have made such a huge impact on my life and have changed me in a deep way. This has been a powerful and transformative experience from me on many levels. Thank you so much for the love and wisdom that has been shared here!" Laura Freed

"Through the Immersion I have learned in giant steps about Anusara yoga and yoga in general. I have tapped into a deeper understanding of myself and have grown so much through this practice. I commend Bea for her brilliance, patience, knowledge and love with which she taught the Immersion." Allen Garcia

"I came into the Immersion hoping to learn more about yoga and perhaps something of myself. I did that and well beyond. Now I see the yoga of myself and yoga as a force in the universe... my world is more bright and full because of it. Bea's focus on philosophy of yoga and how it functions both on and off the mat were invaluable. This will be one of those experiences I will look back upon as a turning point in my life." Skye Anica

"Yoga saved my life—twice. Bea's teaching is so incredibly heartfelt that it's difficult to bring anything other than 100% to her classes. The past six months have been about so much more than refining my asana practice. I am learning how to better trust myself, how to let the world around me work for me and how to see the highest in every person and thing. Thank You!" Clint Murphy

"The Anusara Immersion has been truly a transformative experience for me. I can't really say it any way else. I came into it hoping to be transformed and I discovered a lot of work for myself and a lot of places that I still want to go and explore." Felicia Karas

"The Immersion has deepened my practice to a degree that I did not foresee and it has made me realize that there is no end to alignment with God. I love this community too!" Sarah Gorham

"The practice becomes real and deep as you immerse yourself into this gratifying and life-changing course. Yoga becomes part of you and you become yoga." Pamela Heater

"The Anusara Immersion has been an uplifting mind and heart opening experience. Bea Doyle is committed to her practice, the teachings of yoga and tantric philosophy. Her wealth of knowledge is unlimited and she is supportive and an excited teacher. This has been one of the greatest experiences of my life." Genevieve Oswald

"This class has completely changed the way that I approach my yoga practice and has opened my eyes and heart to many ways in which I can improve how I live my life. Bea is incredibly intuitive and teaches clearly and with grace. She practices what she preaches which is a rare gift. The Immersion has opened my eyes to how much is involved in yoga. It has finally become about much more than simply showing up on my mat and moving for an hour and a half." Thomas Bonner

"I just had to write you and share with you what an AMAZING experience the immersion was for me this weekend. You truly inspire and guide in the most divine way and I feel as if my future is ever brighter from your light along my path. Sunny Buick

"The Immersion was absolutely amazing—all of it! I feel my practice has gone to new heights. Anusara has helped me find a different strength, and the support of the teachers and community made me feel uplifted, supported and able to move to new places." Julie Mackiewicz

The Immersion has been a significant positive life event for me, in the midst of midlife chaos and cacophony, wonderful things have happened to me this year, possibly because of gaining a little insight and inspiration. Bea is an exceptionally gifted and knowledgeable teacher." Megan Baldrige

"I totally loved this last teacher training weekend. It's so amazing for me to see how integrated Anusara yoga is, and how the teachers are trained to weave so much rich material into the classes, and you are a master of this. I feel very lucky to have you in Albuquerque." Elissa Breitbart

"This weekend was great Bea, thank you! You continue to shine as a teacher and I really connected with the teachings these past two days...especially the Guru Principle today...wow!" Regina Manocchio

"I have noticed a major shift in my physical practice since participating in the Immersions. I am more confident in my understanding of the alignment principles and have used them to deep my practice and heal an injury. The Immersion has also provided an opportunity to increase my connections in this yoga community. I have gained valuable insights into yogic philosophy that are opening my heart and ability to align with the world around me. Grace is Good." Jamie Carson

"The Anusara Immersion will help you better understand the principles and philosophy of yoga in general, and Anusara yoga in particular; and that knowledge will help you deepen your physical practice and make a stronger connection with yourself." Sue Chappell

"Any student of yoga would benefit tremendously from this Immersion. I am much more aware of alignment and beginning to incorporate healthier alignment in my practice. I am more present, more able to focus and stay on task. Gratitude is growing and expanding, as is love." Fay Abrams

"This is truly a transformative experience. Bea's integrity, depth of knowledge and intuitive guidance moved us all to that deep still place within. It change my relationship with myself, my body and my mind." Karen Shatar

"Participating in the Immersion is an opportunity to go deeper in your practice and to support your personal growth, realizing that they can be one in the same." Michelle Franklin