

Anusara® Yoga Teacher Training
With Jayendra Hanley, Ellen Saltonstall, and Jim and Ruthie Bernaert
January - September 2012
Jerez de la Frontera and Marbella Spain

Training Overview

The Anusara Yoga Teacher Training is for students who have completed the Anusara Immersion or a similar program of study, consisting of 100 hours of

- Practice of asana, pranayama, and meditation with Anusara yoga teachers
- Study of yoga philosophy, particularly Anusara yoga philosophy
- Study of the Universal Principles of Alignment and anatomy

The intention for the Teacher Training is for participants to learn how to teach Anusara yoga. At the end of this two-year program of Immersion and Teacher Training, students will have completed 200+ hours of theory, study and practice.

Each training session will begin with a 1.5 hour asana practice as a model for teaching Anusara yoga. The rest of the day will consist of intensive study and practice of all the major skills needed to teach Anusara yoga. The main training method will be demonstration of teaching skills followed by much practice teaching in various formats. In addition each student will teach a short class during the course of the Training and receive detailed feedback. We will also have homework, contemplation, Q and A sessions, and sharing.

Content

- The Seat of the Teacher
 - Qualities of a good teacher
 - Teacher – student relationship
 - The responsibilities of a teacher
 - Ethical Guidelines
- Setting up the Classroom
 - Creating Sacred Space
 - Welcoming
 - Classroom Organization
- Course Curriculum

- Creating a Class Plan
 - Setting Class Intention
 - The two main ways to create an Anusara class
- Sequencing, including rhythm and pace
- Teaching a Class
 - Beginning the Class: Centering/ setting intention and warm-ups
 - Building toward the Apex Pose
 - Counter-posing
 - Concluding the class: Meditation and Savasana
- Teaching a Pose Systematically
- Guidelines for Verbal Instructions
 - Connecting to the Heart of the Student
 - Instructing with the Breath
 - Plain Language
 - Linking instructions
 - Transitioning Principles – moving into and out of a pose
 - Directionality
 - Active and Passive Instructions
 - Cultivating Mindfulness
 - Voice
- Putting Attitude into Action
 - Integrating heart themes into postural instructions
 - Linking metaphor and imagery with heart instructions
 - The purpose of hatha yoga as the foundation for instruction
 - Telling your own story
- Observation
- Adjustments
 - Verbal Adjustments
 - Physical Adjustments
 - Use of Props

- Demonstration
- Therapeutics

Our main text will be *The Anusara Yoga Teacher Training Manual* by John Friend.

The Teachers

Jayendra Hanley received Anusara yoga teacher certification in 2001 and has been studying with John Friend for over 15 years. He currently lives in the Netherlands and is supporting students and teachers of Anusara yoga with workshops, Immersions, and Teacher Trainings throughout Europe. Not only is Jayendra fully versed in the Anusara method, including having profound knowledge of the yoga scriptures and tradition, he is also a very loving and skilled teacher who serves his students well.

Ellen Saltonstall, certified Anusara teacher living in New York City, will be joining Jayendra for part 2 of the training in April. Currently co-writing the anatomy book for Anusara Yoga, Ellen is the co-author of two other books, *Yoga for Arthritis* and *Yoga for Osteoporosis*. She is on the Anusara Certification and Curriculum Committees and is an acknowledged leader in the fields of yoga therapy and teaching yoga. She offers tele-seminars through www.yogatherapyweb.com on various therapeutic topics, and supports various teacher training programs with her expertise. We're very pleased that she will be sharing her vast knowledge and kind heart with us in Andalucía.

Jim and Ruthie Bernaert have been students of yoga since 1984. In 1995 they began dedicated, intensive study with Anusara Yoga founder John Friend. They teach on going classes on the Big Island of Hawaii and also travel around the US and internationally sharing their love for the path of yoga. They offer years of experience with the Universal Principles of Alignment, inspiring Tantric philosophy, and therapeutics, which embody Anusara Yoga. Students experience the clarity of their understanding, their precise instructions, and their warm and generous hearts. Jimmy and Ruthie offer profound gratitude to all their teachers, especially Swami Chidvilasananda, John Friend and Paul Muller-Ortega.

The training will be taught in English and translated into Spanish.

The Dates

January 20-22 in Jerez de la Frontera

February 18-19 in Jerez de la Frontera

April 4-8 with Jayendra and Ellen Saltonstall in Marbella

June 8-10 in Marbella

September 21-23 in Jerez de la Frontera with Jim and Ruthie Bernaert

Schedule: 10 – 1:30 and 3:30 – 6:30

Where:

- Estudio de Yoga Pilar Valencia, Urb. Puesta de Sevilla - Plaza de Madrid local 39, Jerez de la Frontera
- Yoga Shala Marbella – c/Jacinto Benavente n 21 local 20

Registration fee: € 1100 if paid in full by January 15, or you can pay 1200 in three installments of 400 euros due on January 15, April 1, and June 1.

Information: If you are interested in the Anusara Yoga Teacher Training in Andalucia, please contact Jayendra Hanley at jaychaz108@yahoo.com to receive an application. If you have questions you can write to Jayendra at his e-mail address or visit his website at www.jayendrahanley.com. Also, please feel free to contact Lucas Benet in Marbella at benetlucas@hotmail.com or phone at 610742064 or Pilar Valencia in Jerez de la Frontera at estudio@yogajerez.com or phone at 699215355.