

Anusara Yoga Teacher Training
With Jayendra Hanley and Other Certified Anusara Teachers
October 2009 – June 2010
Arati Yoga in Madrid 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.

Susana Garcia Blanco, certified Anusara teacher, discovered Anusara® yoga in 2000 when she met Sianna Sherman and, since then, she has been a dedicated student of Anusara Yoga, with her and with founder John Friend. Now she is based in Barcelona but she travels continuously teaching workshops, Immersions and Teacher Trainings around Spain, Europe and Latin America. Her passion for Philosophy, Mythology and for the therapeutic possibilities of yoga is reflected in her teaching.

Jim Bernaert has been practicing yoga since 1984. In 1996 Jim began intensive study with Anusara Yoga's founder John Friend. In 2000 he became a certified Anusara Yoga teacher and teacher trainer. Jimmy is based on the Big Island of Hawaii where he teaches on-going classes and retreats. He also travels to the mainland U.S. and internationally, offering trainings, retreats and workshops. His teaching reflects his love for the students and for the practice of yoga. Students experience the clarity of his understanding, his precise instructions and his warm and generous heart.

Martin Kirk is a Certified Anusara yoga® instructor who travels abroad offering excellent and inspiring workshops, Immersions, Anatomy, Therapy and Teacher Trainings. With a Masters Degree in Biomedical Engineering, Martin has a special gift for anatomy and therapeutics. He is the author of the highly successful book, *Hatha Yoga Illustrated* and is co-writing (along with Ellen Saltonstall and Jordan Kirk) *Anusara Yoga Manual of Anatomy and Kinesiology*. Martin lives in Scottsdale, Arizona with his wife, Jordan and his son, Jonathan. For more info: www.kirkyoga.com

Jim Bernaert will be joining Jayendra to teach the first weekend. Martin Kirk is teaching yoga therapy in November. Susana Garcia-Blanco of Barcelona will be teaching the March and May weekends.

Susana teaches in Spanish, while the others will teach in English and be translated into Spanish.

The Dates

October 10-11 (Jim & Jay)	January 23-24 2010	April 17-18 (Susana)
November 21-22 (Martin)	February 20-21	May 15-16 (Susana)
December 5-6	March 20-21	June 12-13

Schedule: 10 – 1 and 3 – 6

Where: Arati Yoga, Calle Martin de Vargas, 26, Metro Embajadores

Information: If you are interested in the Anusara® Yoga Teacher Training in Madrid, 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 Gisela Vazquez, our host at Arati Yoga, at giselaarati@hotmail.com or 34 609 103 981.

Price: 1200 euros for all 9 weekends if paid by October 10 or 150 euros per weekend.