

Anusara® Yoga Teacher Training
With Jayendra Hanley, Deborah Neubauer, and Jim and Ruthie Bernaert
February - October 2012
De Yoga Studio in Den Bosch, the Netherlands

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.

Most training days 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.

Teacher Training Content

Part One: First steps in teaching Anusara Yoga

- The auspicious role of being an Anusara yoga teacher
- Talking students into and out of a pose using simple, clear instructions
- Connecting major movements with the breath
- The main elements of an Anusara yoga class
- Creating a class plan
- Heart themes and inspiring students with qualities of the Heart
- Preparing for class: organizing the space, welcoming, sacred space
- First instructions and teaching the First Principle
- “Seeing the Good” and other first steps in observation

Part Two: Going deeper into teaching Anusara Yoga

- Teaching a Class from beginning to end and all steps in between
- The main sequencing templates in Anusara yoga
- Teaching a Pose Systematically
- Integrating Heart Themes into Postural Instructions
- Teaching the Universal Principles of Alignment
- Studying individual asanas
- Teaching the main classes of poses
- Developing our observation skills
- Verbal adjustments first, then physical adjustments

Part Three: Refining our teaching skills

- The Seat of the Teacher
- Teaching a Class Systematically
- Demonstration skills
- Refining all of our teaching skills
- Other Guidelines for Verbal Instructions
- Therapeutics
- Practical application: teaching part of a class with generous feedback

Our main texts will be *The Anusara Yoga Teacher Training Manual* and *The Anusara Immersion Manual* by John Friend. Both are available at www.anusara.com. The Teacher Training Manual is also available from Jayendra.

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 Amsterdam 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.

Deb Neubauer, Certified Anusara Instructor, E-RYT 500, has been a student of yoga since 1985, and a practitioner of meditation since 1995. Deb's teaching is infused by streams of light and inspiration generously offered by all her teachers, most especially John Friend who she met in 1993, and more recently, Paul Muller-Ortega. Her teaching reflects a well-rounded blend of poetic inspiration, sound methodology, technical understanding, and the deep feeling of the heart. Deb's teaching embodies her deep commitment to the practices as tools for healing, transformation and empowerment. Behind her vision as a teacher is the certainty that every human heart holds exquisitely

magnificent light and beauty. The task and promise of yoga is to assist the unveiling of this light and beauty as an act of service to the world. Deb currently resides in Western Massachusetts with her family. She travels throughout the world offering the teachings with a joyful heart. For more information about Deb and her teaching events, please visit her website at www.anahatayogacenter.com. You can also take classes with Deb at www.yogavibes.com.

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 Schedule

February 25-26 2012

March 24-25

April 13-15 with Deborah Neubauer

June 2-3

July 7-8

September 27 – October 2 with Jim and Ruthie Bernaert joining Jayendra at Hotel Kadampa in Limburg. Begin at 3 pm on Friday Sept 28 and finish at 1 pm on Wednesday Oct. 3

Usual Hours: 10 – 1 and 2:30 – 5:30

Registration fee: € 1300 for the entire Teacher Training, or
3 installments of € 435 each on Jan. 25, May 1, and Sept. 15, or
Reduced rate of € 1200 if paid in full by January 25

Location: De Yoga Studio Den Bosch
Hintamereinde 17
Den Bosch

Information: If you are interested in the Anusara® Yoga Teacher Training in the Netherlands, 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.jayendranhanley.com. Also, please feel free to contact Laura and Petra at info@yogastudio-denbosch.nl.