

# ANUSARA YOGA

## TEACHER • TRAINING



## EXPANDING VISION

- Matter, Paradox and other Considerations •

Through poetic process and artistic application of the Universal Principles of Alignment, we will transform your inner work to an outer expression of the therapeutic aspects and heart-inspired craft of teaching Anusara Yoga.

### CONTENT :

- Taking the seat of the teacher
- The anatomy of an Anusara Yoga class
- Creating a class plan
- Theme development
- Skillful languaging and use of voice
- Principles of sequencing
- Observation and touch
- Adjustments, assists, partner work
- Effective use of demonstration
- Teaching practicum
- Anusara Certification process

### DATES & TIME / February 23rd-28th

Wednesday 4pm-8pm

Thursday 4pm-8pm

Friday 4pm-8pm

Saturday 8am-12pm / 2pm-6pm

Sunday 8am-12pm / 2pm-6pm

### PREREQUISITES:

Completion of the Anusara Immersion or teacher's permission

All hours accrue toward Anusara Certification

### FORMAT :

- 30 hours of classroom instruction
- 20 hours of independent study

Practice: Attend 4 Anusara Yoga classes. Begin or cultivate a home asana and meditation practice. Keep a journal and be prepared to share.

Observation: Observe 4 Anusara Yoga classes. Complete and hand in the provided assessment form for each class.

Teaching: Participate as both teacher and student in peer teaching practicum.

Support: Mentoring, discussion & follow up

### INVESTMENT : \$500

About the teacher: Wendy Borger is a Certified Anusara Yoga Teacher and has been studying with Anusara founder, John Friend for ten years. She sits on the Anusara Yoga Certification Committee and has acted as mentor for many teachers seeking this highly regarded yoga teacher certification. Additionally, Wendy is an Ayurvedic Health Educator and attends the California College of Ayurveda. She is the owner and director of Spandarama Yoga, the first yoga space in Santa Fe dedicated solely to the practice, study and teaching of Anusara Yoga.

Contact us to register: 505 989 1288

