



300-Hour Advanced Anusara Yoga Teacher Training

*Refine your teaching.
Elevate your practice.*



Program Overview

Shree Yoga's 300-hour advanced teacher training is registered with both the Anusara School of Hatha Yoga and Yoga Alliance. It will be taught by five Certified Advanced Anusara® Yoga Teacher Trainers. This program is for those wanting to increase their Anusara teaching skills or those wishing to learn how to teach yoga in the Anusara style. It is open to any RYT 200 who has been teaching for at least 2 years. The in-depth curriculum will expand and refine your yoga practice and teaching abilities in two main areas:

- Teaching: learn and develop advanced skills to be able to teach a high-quality Anusara yoga class
- Personal Development: receive advanced training in asana, pranayama, meditation plus continuing studies in areas such as anatomy, yoga philosophy, and more.

The program consists of three integrative parts:

1. The Bridge Program

The Bridge Program will be held autumn 2020 for any RYT 200s who did their training in a method other than Anusara (see details and registration below) it is a pre-requisite to the rest of the training and will bring you up to speed on Anusara methodology. You will receive 36 elective hours credit for this program. The Bridge Program can also be taken by those who completed a 200-hour Anusara training as a refresher for 36 elective hours credit.

2. The Nine Required Modules

The main body of the program consists of 9 Required Modules which are the backbone of teaching a skillful class. These 156 hours will hone your skills, further educate you and provide significant in class time to practice your craft under the guidance of an experienced teacher trainer. The training is spread out. Modules are scheduled on weekends over a period of two years from autumn 2020 and to autumn 2022. Weekends will run Saturday and Sunday from 1:00 – 7:00 pm. A detailed description of each module and its dates is below.

3. The Elective Portion of the Program

144 Elective Hours can be fulfilled through:

- Taking more hours of the required modules at Shree or with another 300 hour Anusara training.
- Yoga for Seniors and Chair Yoga elective module
- Ayurveda elective module
- Repeating or participating in any or all of the 100-Hour Immersion or the 100-Hour Teacher Training
- Taking any workshop with a Certified Anusara Teacher, as long as the subject matter is in alignment with one or more of the essentials of Anusara Yoga, namely, the Universal Principles of Alignment, non-dual Tantra, and the 3 A's.
- Up to 36 hours with a licensed Subject Matter Specialist.
- Bridge Program Hours can be applied retroactively for any of the above taken in previous years with a then Certified Anusara teacher.

These are just examples. Other options can be discussed with Chaya individually.

Detailed Outline of the Bridge Program and Nine Required Modules

Anusara Yoga Bridge Program

The Anusara Bridge Program is for any RYT 200s who did their training in a method other than Anusara yoga. **It is a pre-requisite to the 300-Hour Advanced Anusara Yoga Teacher Training** and will bring you up to speed on Anusara methodology. You will receive elective hours credit for this program. The Bridge Program can also be taken by those who completed a 200 hour Anusara training as a refresher for elective hours credit.

Topics:

- Teaching with a theme
- Teaching with the UPAs or Universal Principles of Alignment
- Sequencing
- Observation and adjustments
- Other components of the methodology such as language & demonstrations

Dates: September 12 & 13, October 24 & 25, November 14 & 15, 2020.

Three weekends. 36 hours of instruction.

Teacher: Rachel Dewan

Pre-requisite: completion of any 200 hour yoga teacher training program plus three years of yoga teaching experience.

Required Module 1: Teaching with the Anusara Principles of Alignment

This module will focus on cultivating a clear and powerful ability to teach with the Anusara Principles of Alignment

Topics:

- Deepen understanding of the Anusara Principles of Alignment
- Practice teaching with the UPAs

- Learn to link the UPAs to anatomy and kinesiology corollaries
- Learn to link the UPAs to metaphor and poetic corollaries

Dates: January 16 & 17 and February 6 & 7 2021, two weekends. 1:00 – 7: 00 pm. 24 hours of instruction.

Teacher: Chaya Spencer

Pre-requisite: Anusara Bridge Program or Anusara 200 hour training

Required Module 2: Sequencing

Sequencing is one of the most important skills required to teach an Anusara yoga class. Since we don't have any prescribed sequences, we sequence asanas based on sequencing principles, which are in turn based on the biomechanics of the body and deep knowledge of asana.

Topics:

- Key sequencing principles
- The two main ways to sequence an Anusara
- The role of sequencing in creating a class
- Learn to sequence for specific level of classes
- Course Curriculum – how to sequence a series of classes over a period of time.

Dates: March 20 & 21, 2021, one weekend. 1:00 – 7: 00 pm. 12 hours of instruction.

Teacher: Rachel Dewan

Pre-requisite: Anusara Bridge Program or Anusara 200 hour training

Required Module 3: Teaching with a Theme

Teaching with a class theme is one of the hallmarks of Anusara yoga. Themes inspire both teacher and student by connecting the asana practice to a deeper meaning in yoga and life. In

Topics:

- Review theme, heart quality, and the main elements of a class plan built around a theme
- Practice ways to develop themes directly from personal experience and how to personalize the theme
- Learn to “weave a theme” through the entire class
- Introduce other key ways to weave the theme into the asana part of class: mini-dharma talks, metaphors and imagery, storytelling, using an image from nature or the natural world
- Receive linear and graphic templates for creating a class plan with a theme
- Share a compendium of great themes

Dates: May 1 & 2 2021, one weekend. 1:00 – 7: 00 pm. 12 hours of instruction.

Teacher: Chaya Spencer

Pre-requisite: Anusara Bridge Program or Anusara 200 hour training

Required Module 4: Functional Anatomy as it Applies to Yoga

A sound knowledge of anatomy is essential for a yoga teacher to offer safe, skillful instruction.

Topics:

- Present the main movements possible in a human body, for example, flexion, extension, twisting, and asymmetrical poses (one leg forward and one back).
- With each main movement, discuss and practice primary teaching skills.
- Learn primary and secondary places of movement in these main classes of poses
- Key observation points and verbal adjustments to get into a safe pose
- How to teach a safe class. Main precautions
- Learn the anatomy behind the main movements of the body and behind the UPA's by focusing on the anatomy of the major joints
- Learn how to deal with some of the most common conditions we face in class

Dates: September 25 & 26 and October 23 & 24 2021. Two weekends. 1:00 – 7: 00 pm. 24 hours of instruction

Teacher: Julia Pearring

Pre-requisite: Anusara Bridge Program or Anusara 200 hour training

Required Module 5: Teaching Pranayama

Pranayama is a foundation to a well-rounded yoga practice and has profound benefits on every aspect of being: physical, mental, emotional and spiritual. There have been several scientific studies to support the yogic claims of the benefits of pranayama. Many traditional yogic texts make robust claims for its benefits but more important than scientific studies or claims of old texts is the practice you do yourself.

Topics:

- Learn and practice a wide range of Pranayama techniques
- Learn about the five pranas and the subtle body
- Develop your own way of expressing your understanding of Prana
- Learn benefits and contraindications

Dates: December 4 & 5 2021. One weekend. 1:00 – 7: 00 pm. 12 hours of instruction.

Teacher: Rachel Dewan

Pre-requisite: 2 years of yoga teaching experience

Required Module 6: Philosophy

Go deeper into the teachings and the practice of non-dual Tantra, the life-affirming philosophy that underlies all the teaching and practice of Anusara Yoga. Focus on the reading and contemplation of ancient Tantric texts possibly including: the Shiva Sutras, and the Radiance Sutras (Vijnana Bhairava Tantra)

Topics:

- Learn the history of non-dual Tantra

- Study the main teachings of non-dual Tantra through a text, including the two main movements of Tantric thought: towards the center/Heart, which is an introversive or inward current of, and secondly, towards the surface, which is an extroversive expansion of the experience of the Heart into daily life
- Explore the main Tantric practices, such as meditation, contemplation, expansion, recognition, remembrance, and moment-by-moment awareness/consciousness of our patterns of action and thought in daily life
- Learn how to apply the philosophy to our teaching of asana with a class theme.

Dates: January 8 & 9 and January 29 & 30 2022. Two weekends. 1:00 – 7: 00 pm. 24 hours of instruction

Teacher: Elizabeth Doberneck

Pre-requisite: none.

Required Module 7: Observation and Adjustments

Deepen your understanding and practice of the art and skill of observation and adjustment in order to be more effective and confident in helping students organize their bodies in held postural alignment as well as in movement (vinyasa).

Topics:

- Progressive principles for “seeing” our students
- Using a basic alignment blueprint to map decisions
- Verbal adjustments
- Hands-on adjustments and progressive principles of adjustment such as sensitivity and stability
- Understanding adjustments as refinements/enhancements/deepening
- Using clear and articulate language in tandem with adjustments
- Using energetic and bio-mechanic intelligence
- Types of adjustment and principles of adjustment
- Key poses to know how to physically adjust

Dates: March 12 & 13 2022. One weekend. 1:00 – 7: 00 pm. 12 hours of instruction

Teacher: Rachel Bush

Pre-requisite: Anusara Bridge Program or Anusara 200 hour training

Required Module 8: Teaching Meditation

From the beginning and until the second half of the 20th century, the main practice of yoga was meditation. Today, most of us begin yoga with the asana practice. Meditation is a wonderful complement and support for our hatha yoga practice, and for many becomes the central pillar of our sadhana.

Topics:

- An Introduction to the practice of meditation, including definitions, the theory behind the practice, a discussion about why we meditate with the benefits that are experienced on all levels of our being
- Learn and practice teaching a simple 3-step template for teaching meditation
- Learn a more complex 4-step template for teaching meditation.

- Learning how to use a class theme to create your own meditation dharana

Dates: April 30 & May 1 2022. One weekend. 1:00 – 7: 00 pm. 12 hours of instruction.

Teacher: Elizabeth Doberneck

Pre-requisite: 2 years of yoga teaching experience

Required Module 9: Anusara Methodology and Co-Mentoring

This module summarizes all that we have been studying about teaching Anusara yoga, and introduces the principles and practice the skill of mentoring, which will prepare the students for Part Two of this Module.

Part 1

Part one will cover other main elements of the Anusara method:

- Coordinating major movements and actions with the breath
- Guidelines for verbal instructions, such as plain, active, explicit, linking, giving direction
- Postural demonstrations
- Teaching with a clear and succinct theme

Dates for Part One: September 17 & 18. One weekend. 1:00 – 7: 00 pm. 12 hours of instruction

Teacher: Chaya Spencer

Part 2

In Part two we apply all that we have learned about teaching a class in the 300-Hour Advanced Teacher Training by being part of a co-mentoring program where students will work together to prepare for the Anusara Certification Video Assessment. This part is excellent preparation for teaching whether or not one is going on to Anusara Certification. Those who are not going on to certification will hone their skills creating a stellar class.

Dates for Part Two: October 22 & 23 2022. One weekend. 12 hours of instruction.

Teacher: Rachel Dewan

Prerequisite: Anusara Bridge Program or Anusara 200 hour training