



ANUSARA YOGA TEACHER TRAINING

January - August 2012
Shakti Yoga • Geneseo • New York

Taught by experienced certified Anusara teachers **Deb Neubauer** and **Ellen Saltonstall**

Topics of study:

- The seat of the teacher: finding your true and authentic voice using skillful language to bring students into optimal alignment of body, mind and heart.
- Observing, adjusting and empowering students of all levels.
- The art of sequencing poses for a class or workshop.
- Anatomy and physiology of the body as related to the practice of yoga.
- Therapeutics for common injuries and conditions.
- Pranayama practice and teaching.
- The ethics of yoga teaching and building community.
- Extensive practice teaching in a supportive environment.

This course will meet on seven weekends in 2012.

Prerequisite: Anusara Immersions Parts One, Two and Three

Hours: Friday 5 - 8:30 pm
Saturday 9 am - 1 pm, 2:30 pm - 6 pm
Sunday 9 am - 1 pm, 2 pm - 4 pm

Dates: January 27-29, February 24-26, March 16-18,
April 20-22, June 8-10, July 6-8, August 3-5

For more information and application contact:

www.sweet-briar.net

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Jacki: info@danceandyoga.com 585-243-5240

Ellen Saltonstall has studied with



John Friend since 1992 after an Iyengar Yoga background, and was Anusara certified in 2000. She teaches therapeutics, mixed level and intermediate classes and privates in her home studio at Union Square in NYC. Other offerings at the studio include Kinetic Awareness, a bodywork method using rubber balls to massage specific tight spots (great for yogis). Anusara Yoga immersions, teacher trainings, and workshops. www.mohiniyoga.com

Deb Neubauer has been a long time



student of John Friend since 1993 and was one of the first teachers to be certified to teach and train other teachers in Anusara Yoga. Since receiving her Anusara certificate in 2000, she has trained hundreds of students and prospective teachers in the Anusara method. Deb is known for her lively, dynamic and clear presentation of the principles of Anusara, and her commitment and dedication to the yogic path. www.anahatayogacenter.com