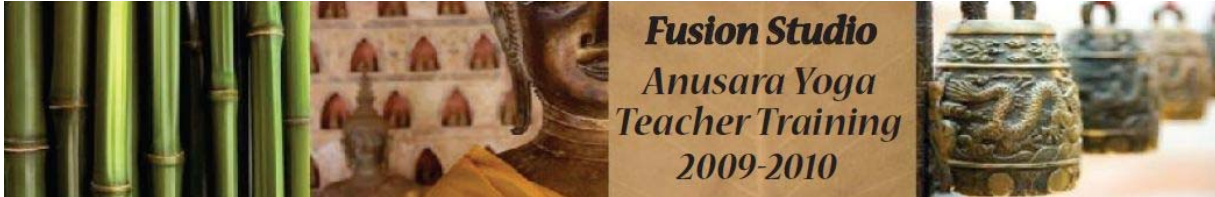




Anusara Yoga Teacher Training 2009-2010



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Become an Anusara Yoga Teacher

Learn the Techniques...

Learn the fundamentals of yoga and start teaching with a solid foundation and comprehension of your own practice. Enhance your own talents and feel confident creating wellness in the lives of others.

Live the Lifestyle...

Study yoga philosophies, yoga lifestyle, and ethics for yoga teachers. Read and discuss ancient yoga texts in a group setting to distill the core yogic philosophies and their application to everyday life. Explore your own connection to these sacred teachings and become a beacon of light that empowers the world.

Share your Knowledge....

The **dates for Teacher Training** are: Sept. 11-12, Oct. 2-3, Oct. 23-25, Nov. 13-14, Dec. 4-5, Jan. 8-9, Jan. 29-30
Training Times are Fridays 3:00-8:00 pm and Saturday 9:00-4:30, with a 60 minute lunch break.

Program Prerequisites

- Completion of Anusara Immersions Part 1 & 2
- 36 Classroom hours of Anusara yoga 1-2 or higher with Certified Anusara teacher
- Strong working knowledge of Universal Principles
- Minimum of 2 years consistent practice of yoga (at least 1 hour, 3 days a week)
- Desire to share the love of the practice with students
- Acceptance into the program is based upon approval of your application

Program Features

- Teaching in the Anusara vision
- Practice teaching in a supportive environment
- Art of observation and demonstration
- Teaching with a heart-oriented theme
- Ethics and Yogic lifestyle
- Teaching pranayama and meditation
- Modifications and use of props
- Anatomy for teaching -- taught by Martin Kirk
- Effective sequencing techniques
- Art of verbal and hands on adjustments
- Introduction to Anusara therapeutics techniques
- The business of yoga
- Creating Kula

At-Home Study:

Assignments will include reading, journaling, writing papers, practice teaching, observation of classes with Anusara certified teachers and group study. Weekly yoga class participation. This program is a serious commitment of time and energy.

Tuition & Payment Information:

Tuition fees cover the following:

- All weekends of training
- Course manual and handouts
- Anatomy weekend with Martin Kirk
- Class observation, assisting and student teaching

Tuition is \$2100

- Early registration discount is \$2000 if paid in full by July 1st, 2009.
- A \$450 deposit is due upon acceptance of application

Payment plan options:

- \$450 deposit + \$330 due at beginning of each of the first 5 weekends.

Marsha Nieland: Certified Anusara Yoga Teacher and Anusara Yoga Certification Committee Member. She has studied with and assisted Anusara Founder John Friend as well as other Senior Anusara teachers. Her teaching style is uplifting, energetic and empowering.

She resides in Cedar Rapids, IA and is the owner of Fusion Studio, voted best yoga studio in Eastern Iowa by KCRG A-list. Marsha offers workshops, immersions, teacher training, and retreats both locally, nationally, and internationally.

Fusion Studio, 600 3rd Street, S.E., Cedar Rapids, IA 52401, 319-364-8085

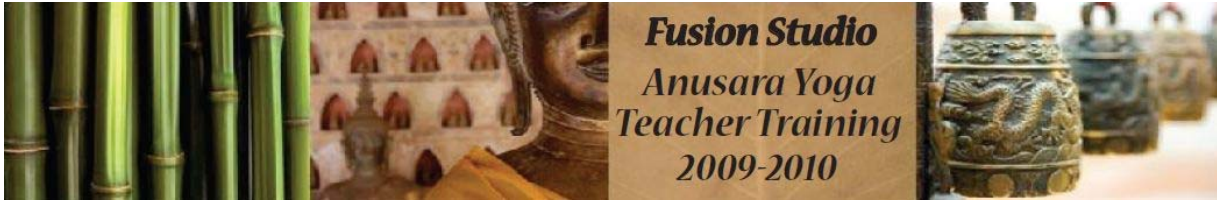
You're already here, Our Website: www.fusionstudiocr.com

email Marsha at: fusionyoga@mchsi.com

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Cash or Check only. Made payable to Fusion Studio

Refund Policy: deposit is refundable thru August 1st minus a \$50 administration fee. No refunds are given after August 1st, unless your space can be filled from a waiting list.



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