



Anusara Yoga® Teacher Training

Modules 1 & 2 with

Betsey Downing Ph.D., E-RYT-500 :: March 7 – 11 2012, 9am – 5pm daily

Martin Kirk MSBME :: June 20 – 24 2012, 9am – 5pm daily

Betsey's teaching is vibrant with her passion for yoga. With nearly 35 years of teaching as her full-time profession she draws from a deep well of wisdom and practical knowledge. One of the earliest certified teachers in Anusara Yoga, she serves as co-chairman of the Certification Committee nationally and internationally. Betsey is also one of 12 certified teachers chosen to serve on the Anusara Curriculum Committee and is listed in the World's Who's Who of Women. www.betseydowning.com

Martin has been a certified Anusara teacher since 2001 and has a Masters Degree in Biomedical Engineering. Martin's understanding of the body is extensive. Now legendary, his trainings are in great demand worldwide. He is an author of the highly successful book, Hatha Yoga Illustrated and co-author (along with Ellen Saltonstall and Jordan Kirk) of the upcoming Yoga Anatomy: The Biomechanics of Anusara Yoga. Martin serves on the Anusara Curriculum Committee and lives in Scottsdale, Arizona USA with his wife and son. www.kirkyoga.com

Teacher Training programs provide a comprehensive training for Anusara teachers to fine-tune their teaching skills and understanding, and for experienced students who want to pursue teaching. In a safe and supportive environment where valuable feedback is given to and received from peers, participants will learn to teach the major poses in the Anusara syllabus with radiant confidence, expressing their own authentic voice in the world of yoga. Teaching yoga is both an art and a science. Participants will learn how to sequence poses in a mixed level class; to articulate pose instructions clearly and succinctly using the Universal Principles of Alignment, Loops & Spirals; offer clear yoga pose demonstrations; develop heart-oriented language skills through the practical application of yoga philosophy; and learn anatomy skills of seeing and adjusting poses. Variations for injuries and different levels of experience will be addressed as well as common misalignments.

Prerequisites: Must have completed 100 Anusara Immersion hours

Venue: Earth and Sky Yoga Studio, Level 1/137 Marrickville Road, Marrickville NSW 2204

Cost: \$700 before February 22, 2012 or \$800 thereafter (Betsey Downing);
\$1300 combined trainings (Betsey Downing and Martin Kirk) before February 22, 2012
Teacher Training manual, created and compiled by Betsey Downing: \$70.
Covers all of the above aspects of teacher training.

Refund policy

Once payment has been made, refunds will be given up to 7 days prior to the start of the Teacher Training if your place can be filled. Otherwise a 50% refund will be made. No refunds one week prior to the beginning of the training.

➤ For details please phone Christine du Fresne on 0408 154 008
or Cassandra Missio on 0413 303 484 or email info@georgesriveryoga.com.au