

Anusara[®] Yoga Teachers Gathering: Refining the Art of Teaching *with*

Todd Norian & Special Guest Teachers Ann Greene and Betsey Downing
July 29-August 3, 2012 in Western Massachusetts



A great teacher embodies the qualities of a soft heart, sharp mind, and vibrant body. Soft heart is the capacity to be receptive, open, and compassionate. Sharp mind is the ability to be creative, innovative, and articulate. Vibrant body encompasses the ability to inspire, uplift, and transmit your enthusiasm to others. You will deepen all of these qualities plus much more in this 5-day Teachers Gathering. In addition, you will:

- Take your teaching to the next level of excellence.
- Revolutionize your ability to interweave the heart theme into postural instructions.
- Language the grand purposes of yoga (Chit Ananda) in a natural and relatable way.
- Streamline your instructions making them crystal clear, precise, and creative.
- Learn how to give effective and transformational physical adjustments.
- Cultivate innovative sequencing that safely moves your students beyond previous limits.
- Receive individualized mentoring and supportive feedback on your teaching.
- Engage in meaningful discussions with colleagues and gain insight into personal teaching challenges.
- Dwell in a safe, supportive, and non-competitive learning environment with friends.
- Deepen your personal practice with sublime early morning pranayama, meditation, and chanting.
- Learn essential therapeutics all teachers should know for the lower and upper body.
- Integrate your experience with journal writing, group sharing, and contemplation.
- Special evening kirtan celebration on the last evening!

Prerequisites: 100 hours of Anusara Yoga Immersion plus 100 hours of Anusara Teacher Training with a certified teacher, or by teacher's permission.



Registration, information, and to apply, visit deepeaceyoga.com, or contact info@deepeaceyoga.com, 413-232-7839

Tuition: \$695 or \$595 if paid in full by June 28, 2012

