

# Taking the Seat: 2010 Anusara Yoga Teacher Training with Denise Benitez & Elizabeth Rainey

yoga



Join Denise, Rainey, and a community of dedicated yogis in a learning experience that will transform not only your teaching, but your life. Ideally, the impulse to take the seat of the teacher arises when we are so full of passion and blessings in our own practice, that a heartfelt momentum compels us to share these gifts. In this training, you will learn highly effective methods to convey to others the depth of yoga. You will learn the elegance of the Anusara Principles of Alignment, which are unequaled as tools to both align the physical body and charge the practice with meaning. You will integrate the history and philosophy of yoga, realize the miracle of the physical body, and practice finding your own voice and inspiration via peer teaching and skillful commentary on the teaching of others.

## Dates & Topics

**January 15-17** ✨ Introductions ✨ Establishing and Refining Your Meditation Practice ✨ Anusara History, Philosophy and Vision ✨ Opening to Grace as a Teacher ✨ Using Language and Voice to Inspire and Uplift ✨ Concise History of Yoga ✨ Intro to Peer Teaching

**February 12-14** ✨ The Tantric Foundations of Anusara Yoga ✨ Muscle Energy in the Body and in Teaching ✨ The Art of Sequencing ✨ Basic Anatomy of Feet and Legs ✨ Teaching Standing Poses ✨ Peer Teaching

**March 12-14** ✨ The Shiva Sutras: How to Awaken ✨ The Three A's of Anusara Yoga ✨ Inner and Outer Spiral of the Hip Joints ✨ Basic Anatomy of Low Back and Abdomen ✨ Activating Core with Anusara Principles ✨ The Art of Verbal Adjustments ✨ Teaching Backbends ✨ Peer Teaching

**April 16-18** ✨ Patanjali's Sutras ✨ Organic Energy as a Way to Develop Fire and Softness ✨ The Art of Observation and Seeing Beauty in the Student ✨ Teaching Pranayama ✨ Basic Anatomy of Shoulder Joints ✨ Teaching Twists ✨ Peer Teaching

**September 10-12** ✨ The Spanda Karikas: The Sacred Dance ✨ Finding Your Inspiration ✨ Subtle Anatomy via the Chakra Model ✨ Peer Teaching ✨ Basic Anatomy of Upper Back and Neck ✨ Teaching Forward Bends

**October 8-10** ✨ The Vijnanabhairava Tantra: Paths to Bliss ✨ Loops of the Legs: Practicing and Teaching ✨ Peer Teaching ✨ The Art of Manual Adjustments ✨ Teaching Advanced Classes: How to Take Students to the Next Level

**November 5-7** ✨ Pelvic and Kidney Loop ✨ Teaching Deeper Hip and Low Back Balancing Poses ✨ How to Create Rapport and Trust with Students ✨ Teaching Basic Meditation ✨ Peer Teaching

**December 10-12** ✨ Shoulder and Skull Loop ✨ Inner and Outer Spiral of Shoulder Joints ✨ Practicing and Teaching Arm Balances and Inversions ✨ Clarifying Your Unique Contribution in the Stream of Yoga ✨ Peer Teaching ✨ Final Exam ✨ Closing

## Hours

Each weekend's hours are: Friday: 12:00 PM to 5:00 PM; Saturday: 1:00 PM to 6:30 PM; Sunday: 1:00 to 3:30 PM

## Prerequisite

100 Hour Anusara Immersion or equivalent.

## Fee

Entire Training: \$1,800  
Individual Weekends: \$225.  
*Payment plans can be arranged.*

## Registration

To register, send a \$225 deposit to Seattle Yoga Arts, 109 15th Ave E, Seattle, WA 98112.

For more information, call Desiree Jordan at 206.440.3191 or email her at [Desiree@SeattleYogaArts.com](mailto:Desiree@SeattleYogaArts.com).