

**Anusara 300-Hour Advanced Teacher Training in the Netherlands**  
**With Jayendra Hanley and Many Guest Teachers**  
*April 2016 - June 2018*

**About the 300-Hour Anusara Advanced Teacher Training**

Anusara yoga has long been known and respected for its high quality teacher training curriculum, beginning with the 100-Hour Immersion, which is followed by a 100-Hour Level 1 Teacher Training. But we've never had a defined curriculum for teachers who complete the 200 hours to take the next step in their professional career.

Now we do. The new Anusara 300-Hour Advanced Teacher Training, in conjunction with the Anusara Immersion and 100-Hour Teacher Training, will comprise a fully integrated 500-hour Anusara Yoga Teacher Training Curriculum.

The primary objective for the Advanced Teacher Training (ATT) is to provide a platform for Anusara teachers to continue their education and training in two main areas:

1. Teaching a high quality Anusara yoga class. The ATT will further develop, refine, and expand on the teaching skills that were introduced in the Level 1 Teacher Training, thus preparing Anusara Elements and Inspired teachers to pass the written exam and class video assessment to become Certified Anusara Teachers, and expand on their ability to provide an inspiring experience of Anusara yoga for all of their students, including specialized groups.
2. Deepening our experience, understanding, and practice through advanced training in asana and other yoga practices such as pranayama and meditation, and through continuing our studies in various related areas, such as in non-dual Tantra and anatomy.

The Anusara ATT curriculum includes:

- 11 required modules, each one consisting of a minimum number of hours of class time, totaling 156 required hours of class time plus 12 non-contact hours
- The rest of the hours can be fulfilled with elective modules or repeating one or more of the required modules

Students can take all the modules from one qualified certified Anusara yoga teacher, or can take various ones from different teachers. After completing the requisite hours, students can submit a certification application to ASHY.

**About Jayendra's 300-Hour ATT**

For the last year or more, I've been leading a group of teachers in writing the curriculum for a 300-Hour Advanced Teacher Training for the Anusara School of Hatha Yoga (ASHY). I've learned so much while doing this project, and I want to thank the others who worked on it, especially my co-coordinator, Karen Sprute-Francovich from Idaho in the U.S.

I'm choosing to schedule a full 300-Hour training, with all 11 required modules and a few electives. I'm giving much more than the minimum number of hours to most of the required

modules because they are important topics, and because we have created so much good curriculum for each one.

Each weekend event will be at my home studio, Bindi Yoga Studio ([www.bindi.nu](http://www.bindi.nu)) in Amersfoort, the Netherlands.

For several modules, I am inviting very experienced, skilled, and knowledgeable teachers to join me in teaching their specialties, and for many of these, I am scheduling either a 4-day or 5-day retreat, which will probably occur at Hotel Kadampa Retreat Center in southern Holland ([www.hotelkadampa.com/holland](http://www.hotelkadampa.com/holland)). In all cases, I will be there with my guest teachers.

My guest teachers:

- Carlos Pomedá: one of the most knowledgeable scholars of Kashmir Shaivism/Tantra
- William K. Mahony: author and teacher about the Vedic tradition and all of yoga philosophy. Both Bill and Carlos are steeped in the tradition, in the practice, and share what they've learned with compassion and warmth.
- Lucas Benet: osteopath, Structural Integration (Rolfing) massage, certified Anusara teacher and anatomy expert who wrote our anatomy module – and a special friend like all my guest teachers
- Ruthie and Jim Bernaert: my long-time teachers, long-time Anusara teachers and special friends from Hawaii
- Ellen Saltonstall: author and on-line teacher/expert in yoga as therapy and long-time Anusara teacher, and like all of the above, a good friend of mine
- Bridget Woods-Kramer of Cornwall England: an inspiring, knowledgeable, and very experienced Anusara teacher and friend

Below is a summary of the Required Modules.

### **Teaching with the Universal Principles of Alignment I and II**

April 2-3, 2016 weekend workshop; Jan 21-22, 2017 weekend workshop

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

The Universal Principles of Alignment are a key part of all Anusara Yoga classes and an integral part of the Level I Teacher Training. At that level, the curriculum focus is on introducing the student teacher to the art and technique of teaching and cueing the principles of alignment in asana classes. In the ATT module, we will review, refresh and deepen our understanding of the UPA's and focus on the how's, why's and when's of practicing and teaching asana with the Universal Principles of Alignment.

*Jayendra's comments: I find the first four modules listed here (UPA's, Theme, Sequencing and Observation & Adjustments) to be so important and the curriculum that we have written for them so full that I am scheduling twice as much time with them than the minimum number of hours required.*

*When I created the initial plan for the Anusara Advanced Teacher Training, the first question that occurred to me was, what are the main skills required to teach a high level Anusara class?*

*These first 4 modules plus the last one, Anusara Methodology, together are designed to begin where the 100-Hour Level 1 TT left off, and take these main skills to a much higher level. I think of these 5 as a true Level 2 Teacher Training. After completing these modules and taking part in the co-mentoring program, our intention is that each of you will be a highly trained, skilled, and dedicated teacher who is fully prepared to enter the Anusara certification program.*

## **Teaching with a Theme I and II**

June 25-26 2016 weekend workshop; March 11-12 2017 weekend workshop

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

Teaching with a class theme is one of the hallmarks of Anusara yoga. Themes inspire both teacher and student by connecting the asana practice to a deeper meaning in yoga and life, yet after the Immersion and 100-Hour Teacher Training, teaching with a theme is often a challenge. In this module, we seek to share a group of simple but coherent methods to make our class themes authentic and powerful.

## **Sequencing I and II**

April 22-23, 2017 weekend workshop; December 2-3, 2017 weekend workshop

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

Sequencing is one of the most important skills required to teach an Anusara yoga class. Since we don't have any prescribed sequences, we sequence asanas based on sequencing principles, which are based on the biomechanics of the body and deep knowledge of asana. The main topics covered in this module are:

1. Key sequencing principles
2. The two main ways to sequence an Anusara class: the "potpourri sequence", and sequences that focus on a class of poses and that leads to an apex pose
3. The main part of the module is about how to sequence a class with a focus on the main classes of poses: standings, hip openers, backbends, forward bends, twists, arm balances, and inversions. We have suggested activities/exercises for the students to do to practice creating sequences.
5. The other main topic of this module is sequencing for a class of beginners, a mixed level class, and an intermediate/advanced level class.

*Jayendra Comment: I wrote the curriculum for this module so I am looking forward to teaching it! I received some of the ideas in this module from a good friend of mine who is an outstanding teacher, Deborah Neubauer.*

## **Observation and Adjustments I and II**

October 19-22, 2017 part of a 4-day retreat; April 13-14, 2018 weekend workshop

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

The goal of this module is to deepen the ATT student's understanding and practice of the art and skill of observation and adjustment in order to be more effective and confident in helping students organize their bodies in held postural alignment as well as in movement (vinyasa). We

will review the key principles of observation, and for offering verbal and physical adjustments, and learn the most useful adjustments for all of the poses we commonly teach and then some.

*Jayendra's Comment: Ruthie and Jim Bernaert were my main mentors when I began teaching yoga and still are up to this day, so I am always happy to share their bright spirit and immense experience and knowledge with my students. Attend and learn and have a great time.*

## **Functional Anatomy as it Applies to Yoga**

May 19-22, 2016 – a 4-day retreat with Lucas Benet

### Content Objectives

- Main objective: be able to teach a safe class.
- Study how the parts of the body work together in the practice of yoga postures
- Present the main movements possible in a human body, for example, flexion, extension, twisting, and asymmetrical poses (one leg forward and one back). With each main movement, we'll discuss and practice these primary teaching skills:
  - Knowledge of the primary and secondary places of movement in these main classes of poses
  - Key observation points and verbal adjustments to get into a safe pose
  - Key actions to teach
  - Main precautions.
- Explain the anatomy behind the main movements of the body and behind the UPA's by focusing on the anatomy of the major joints.
- How to deal with some of the most common conditions we face in class.

Some assumptions that underlie this module:

- We assume that the average student in this training (an Anusara Elements or Inspired teacher) does not have a lot of anatomy knowledge, so we intend to make the content accessible and useful to these students.
- We are not training medical professionals or even yoga therapists. Our teachers are working primarily with healthy bodies, so this will not be a Therapeutic Diagnosis and Adjustments workshop.

*Jayendra Comment: Lucas wrote the curriculum for ASHY's anatomy module, so why not invite him to teach it in my 300-Hour ATT, especially since I have worked with him so much over the years, his intentions about this module make so much sense, and he's such a great guy!*

## **Teaching Pranayama**

Sept 10-11, 2016 weekend workshop with Bridget Woods-Kramer

Prerequisites: Anusara Immersion and Teacher Training or 2 years of teaching experience

Pranayama is foundational to a well-rounded yoga practice and has profound benefits on every level: physical, mental, emotional and spiritual. There have been several scientific studies to support the yogic claims of the benefits of pranayama. Many traditional yogic texts make robust claims for its benefits but more important than scientific studies or claims of old texts is the practice you do yourself.

This module reviews the pranayama techniques introduced in the Anusara Immersion. The trainees have the opportunity to deepen their understanding of Prana, the subtle body as well as teach the different pranayama techniques and to develop their own way of expressing their experience and understanding of Prana.

*Jayendra's comment: I'm very happy that my friend, the first certified Anusara teacher in Europe, Bridget Woods-Kramer, will join me for this weekend of practice and learning about the life-force breath, pranayama.*

## **Philosophy I: “The Tantric Universe & The Shiva Sutras” – a retreat with Carlos Pomedá**

October 5-9, 2016 5-day retreat

Carlos Pomedá is a leading scholar of non-dual Tantra, especially of its leading formulation, Kashmir Shaivism. He will give a broad overview of non-dual Tantra, then focus on its foundational text, the *Shiva Sutras*, in order to delve into a deeper way of looking at life, one that uncovers profound joy and a sense of wonder. Through the *Shiva Sutras*, we will explore such topics as “The Secrets of the Body and the World”, “The Power of Mantra and Words”, and “The Radiance of the Divine Shines All Around Us”.

*Jayendra's comment: Carlos is a leading expert in Tantric philosophy and practice. He has taught several workshops for me over the years, and students love his clarity, expertise, humor and way of making complex topics clear.*

## **Women and Yoga**

Oct 29-30, 2016 weekend workshop with Ruthie Bernaert

Prerequisites: Anusara Immersion and Teacher Training or 2 years of teaching experience

Teachers of Anusara Yoga – whether they are male or female – should be educated about and sensitive to:

- The physiological differences and changes that a woman experiences in her body through her life cycle
- Ways to make intelligent and honoring class plans, that may include appropriate modifications and recommendations

The curriculum of this module includes information, inspiration and practical guidelines on the following subject areas:

- Perspectives on how Anusara Yoga is a uniquely powerful hatha yoga method, the principles of which honor, at a physiological and philosophical level, the emergence of the feminine in the yoga world and on the planet.
- Honoring the Sacred Feminine; practical and inspirational ideas for how to bring the subject forward in our classes.
- Physiological and hormonal considerations for each of the following phases of a woman's life, and practical considerations about yoga during each phase:
  - Ovulation and Menstruation (Moon Cycle)

- Pregnancy
- Postpartum and Nursing
- Peri-menopause
- Menopause

*Jayendra Comment: Ruthie Bernaert was my main mentor when I began teaching yoga and still is up to this day, so I'm looking forward to learning from her once again when she teaches this module for me.*

## **Philosophy II: “The Pratyabhijnahrdayam” – a retreat with Professor William Mahony**

June 14-18, 2017: a 5-day retreat

It is a pleasure to read one of the most respected scriptures of the high Tantra era: the *Pratyabhijnahrdayam* or “Heart of Recognition”, in order to go deeper into the teachings and the practice of non-dual Tantra.

Module content:

- We begin with a brief review of the history of non-dual Tantra, focusing on a few main concepts to help us understand this amazing text.
- Then we study some of the main teachings of non-dual Tantra through this text.
- We'll learn about some of the main Tantric practices, such as meditation, contemplation, expansion, recognition, remembrance, and moment-by-moment awareness/consciousness of our patterns of action and thought in daily life
- Each evening of the retreat, we will practice applying these Tantric teachings to teaching with a class theme

About our text:

- The *Pratyabhijnahrdayam* or “Heart of Recognition” is an early 11<sup>th</sup> century text written by Kshemaraja, the main student of Abhinavagupta, the premier sage of Kashmir Shaivism. This text's 20 sutras present the essence of the Pratyabhijna school of Tantra, while also offering an overview of the main teachings and practices of non-dual Tantra.

*Jayendra comment: This is the required philosophy module in ASHY's ATT. Professor Bill has taught two 5-day sessions with me in recent years, and people love his teaching and warmth of heart. In his events, he loves to lead us into personal contemplation and discussion about the profound teachings of yoga.*

## **Yoga for Seniors**

Sept 30 - Oct 1, 2017 weekend workshop with Jim and Ruthie Bernaert

Prerequisites: Anusara Immersion and Teacher Training or 2 years of teaching experience

The “senior” segment of the population is expanding rapidly and many are embracing yoga as a key element of their lifestyle. In this module, we'll prepare to teach senior students through:

- Contemplations to help us prepare to teach senior students:
  - Personal Contemplations
  - Cultural attitudes towards seniors
  - Benefits of yoga for Senior Students
  - Psychology of senior students
- Adapting Teaching Techniques for a class of Yoga for Seniors
- When teaching asana to Seniors, what to emphasize
- Anatomy & Physiology considerations
- Opportunities and Outreach to create opportunities for seniors
- A long list of chair poses, poses done with the support of a wall, and a list of recommended resources

## Teaching Meditation

Part of a 4-day retreat October 19-22 2017 with Ruthie & Jim Bernaert

Prerequisites: Anusara Immersion and Teacher Training or 2 years of teaching experience

From the beginning and until the second half of the 20<sup>th</sup> century, the main practice of yoga was meditation. Today, most of us begin yoga with the asana practice, and asana practice remains the main practice of Anusara yoga. Meditation is a wonderful complement and support for our hatha yoga practice, and for many people, it becomes a favorite practice.

This module covers four main topics:

1. An Introduction to the practice of meditation, including definitions, the theory behind the practice, a discussion about the benefits that are experienced on all levels of our being, how to practice, and the relationship of meditation to our other main practices.
2. We introduce and practice teaching a simple 3-step template for teaching meditation, which we call “Creating Space for Meditation”, and a more complex 4-step template for teaching meditation.
3. An activity about guiding students in sharing their experiences that would be appropriate during a longer workshop.
4. Using a Class Theme to Create a Meditation Dharana

*Jayendra's comment: Jim, Ruthie and I have all had a regular meditation practice for a long time, and for the last several years, we've been studying and practicing Neelakantha Meditation with Paul Mueller-Ortega. I now teach meditation as a part of every class, and Jim and I are/will be taking Paul's teacher training. Some students who have taken my teacher training have said they are waiting for this module in order to go deeper in their meditation practice and start to share it with their students.*

## Yoga as Therapy

February 15-18, 2018 retreat with Ellen Saltonstall

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

This workshop is for teachers and students who want to know more about the anatomy of yoga and how to release chronic pain. This will be an immersion in the study of the human body, how

we move, how our parts are connected, and how we can work and play safely in our yoga practice. Ellen teaches a unique blend of anatomy, therapeutic asana and ball work. Our process will be lively and interactive, including slide shows and hands-on work to understand the anatomical structures in the body. We will practice and analyze therapeutic poses to help the most common structural causes of pain. This workshop will increase your confidence, refine and expand your skills, and welcome you to the intriguing and subtle magnificence of the human body. Includes time with:

- Anatomy of the Shoulders and Neck, the Lower Back and Hips, and maybe more
- Informational Session on Therapeutic Issues (i.e., Sciatica, sacro-iliac pain, disk herniation)
- Asana practices for the care of the different areas of the body we are focusing on
- Bodymind Ballwork to relieve pain by freeing connective tissue

*Jayendra Hanley: This is an elective in the 300-Hour Anusara Advanced Teacher Training. Even though Ellen has studied and taught this topic for many years, her workshops continue to evolve as her understanding and knowledge continue to grow.*

### **Anusara Methodology and Co-Mentoring**

June 16-17, 2018 weekend workshop; 12 non-contact hours after that

Prerequisites: 100-Hour Anusara Immersion and 100-Hour Anusara Teacher Training

Anusara yoga has a specific methodology, as described in the *Anusara Immersion Manual* and the *Anusara Teacher Training Manual*. ATT students will take this module towards the end of their 300-Hour Advanced Teacher Training because it is designed to summarize the Anusara methodology and also introduce a co-mentoring program that will support the trainees in the Anusara certification program. This module has two parts:

1. One weekend of class in which we conclude our advanced look at teaching the Anusara method, and introduce and practice ways to mentor a partner about their teaching, and
2. A minimum of 12 non-contact hours in which you and a partner observe each other's classes, either live or by video, and offer feedback. In this co-mentoring program, students apply all that they have learned about teaching a class in the 300-Hour Advanced Teacher Training and prepare for the Anusara Certification class assessment.

*Jayendra Comment: I plan to work closely with you as you give each other feedback on your classes.*

### **Full 300-Hour ATT Schedule:**

#### 2016

April 2-3	Teaching with the UPA's I
May 19-22	Functional Anatomy as it Applies to Yoga with Lucas Benet: 4 day retreat at Hotel Kadampa
June 25-26	Teaching with a Theme I
Sept 10-11	Teaching Pranayama with Bridget Woods-Kramer
Oct 5-9	Philosophy I (Elective: Shiva Sutras): 5 day retreat with Carlos Pomedá

Oct 29-30	Women and Yoga with Ruthie Bernaert
<u>2017</u>	
Jan 21-22	Teaching with the UPA's II
Mar 11-12	Teaching with a Theme II
April 22-23	Sequencing I
June 14-18	Philosophy II (Required: Pratyabhijnahrdayam): 5 day retreat with Bill Mahony
Sept 30 – Oct 1	Yoga for Seniors with Jim and Ruthie Bernaert
Oct 19-22	Teaching Meditation and Observation and Adjustments I: 4-day retreat with Jim and Ruthie Bernaert
December 2-3	Sequencing II
<u>2018</u>	
Feb 15-18	Yoga as Therapy (elective): 4 day retreat with Ellen Saltonstall
April 13-14	Observation and Adjustments II
June 16-17	Anusara Methodology weekend with co-mentoring non-contact hours

### **Daily Schedule and 300-Hour ATT Hours**

Weekends: 9:30 – 1:00, 2:30 – 5:30

11 weekends x 13 hours = 143 hours

Non-contact Hours: 12 hours (Co-mentoring in Anusara Methodology module)

5-day Retreats: our retreats at Hotel Kadampa begin at 11 AM on day one and conclude at 1:30 PM on the last day in order to give time to travel to and from this rather remote retreat site.

2 5-day retreats x 34 = 68 hours (with Carlos and Bill)

4-day Retreats: our retreats at Hotel Kadampa begin at 11 AM on day one and conclude at 1:30 PM on the last day in order to give time to travel to and from this rather remote retreat site.

3 4-day retreats x 26 = 78 hours (With Lucas, Ruthie and Jim Bernaert, and Ellen)

Total: 301 Hours

### **Course fees (all are 21% VAT included):**

3500 Euros earlybird rate for total 300 Hour ATT (does not include retreat costs)

If you choose to pay per event:

175 Euros per weekend

450 Euros per 5-day retreat (does not include cost of retreat site)

350 Euros per 4-day retreat (does not include cost of retreat site)

The above course fees are relatively low compared to others, partly because students also have to pay for five retreats. There will be an additional cost to stay at the retreat site, paid directly to

Hotel Kadampa when you arrive. Here is what they charged in 2015, and based on past practice, I think it will not be much more in future years:

4 nights at Kadampa costs 180 Euros (retreat total is 450 + 180 = 630 Euros approx.)

3 nights costs 145 Euros (retreat total is 350 + 145 = 495 Euros approx.)

**ATT Texts:** *The Anusara Yoga Teacher Training Manual*, which is available in various languages at [www.anusarayoga.com](http://www.anusarayoga.com), and the new 300-Hour Anusara Advanced Teacher Training Student Handbook, which will be available from Jayendra.

**Teacher Training Application:** If you did not take the 100-Hour Teacher Training with Jayendra, there is a short application to be filled out. Please ask Jayendra for one ([jay@jayendranhanley.com](mailto:jay@jayendranhanley.com))

**Maximum number of students: 24**

**Payments:** For payment information please contact Jayendra at [jay@jayendranhanley.com](mailto:jay@jayendranhanley.com)

**Location:** Bindi Yoga Studio in Amersfoort, the Netherlands ([www.bindi.nu](http://www.bindi.nu)) and Hotel Kadampa in Schin op Geul in the south of the Netherlands.

**Language:** The Teacher Training will be in English.

**For more information:** please contact Jayendra at [jay@jayendranhanley.com](mailto:jay@jayendranhanley.com) or see [www.jayendranhanley.com](http://www.jayendranhanley.com) or about the studio, please contact Nicole at [info@bindi.nu](mailto:info@bindi.nu) or see her website at [www.bindi.nu](http://www.bindi.nu).

### **About the Teachers**

**Jayendra Hanley**, Certified Anusara Yoga Teacher, Yoga Alliance E-RYT 500, has taught many Anusara Immersions and Teacher Trainings in different locations around Europe, including in his current home of the Netherlands, but also in Spain, Switzerland, Italy, Germany, Belgium, France and England.

Jayendra is a leader in the Anusara teaching community. Currently the co-coordinator of the Anusara Curriculum Committee, he helped to create a 300-Hour Advanced Teacher Training for Anusara Yoga, and wrote about half of the 200-page Student Handbook for that training. Jayendra is also a skilled mentor for teachers who are on the Anusara path. He is the European coordinator for the Anusara Teacher Certification process.

Jayendra began practicing hatha yoga and meditation in 1977 and began studying with the founder of Anusara Yoga, John Friend, in 1993. He's currently taking a series of Shaiva Tantra meditation courses with Paul Muller-Ortega called Blue Throat Yoga, and will begin Paul's teacher training program in 2016.

Students love the clarity and precision of Jayendra's teaching, especially when it comes to how to do and teach the poses, the philosophy of the yoga tradition, and the practice of meditation. They often comment on the depth of his understanding and his light-hearted style.

**Lucas Benet** is a certified Anusara Yoga teacher and a long-time avid practitioner of meditation, among other facets of yoga and multiple complementary therapies. He has worked professionally for 20 years with his own private consultation practice and yoga studio in sunny Marbella Spain where he lives with his partner and two young children. He integrates his deep therapeutic knowledge of the body with his profound experience with Anusara Yoga – this sets the strong foundation of Lucas's teaching.

Since a small child, he has participated in almost every outdoor sport imaginable that had something to do with wind, water, mountains, beach – you name it, Lucas was there. His most successful adventure and sport was windsurfing, where he was the National Champion of Spain/Europe and went on to participate in the World Championships. Along with his many successes, he has had many injuries that come along with challenging competitive sports. These injuries led him to learn and investigate therapy and rehabilitation to heal and repair his own body. This path led Lucas to become an Integral Osteopath and to hold a diploma in the Rolwing Technique of Structural Integration.

**Carlos Pomedá:** Originally from Madrid, Spain, Carlos has been steeped in all aspects of the yoga tradition during almost 40 years of practice and study. He spent 18 of those years as a monk of the Saraswati order, under the name Swami Gitananda, which included 9 years in India at the Siddha Yoga ashram studying and practicing under Swami Muktananda and Gurumayi Chidvilasananda. During this time he learned the various systems of Indian Philosophy and immersed himself in the practice of yoga, becoming one of the senior monks of the tradition and teaching meditation and philosophy to tens of thousands of students around the world. He combines this experience and traditional training with his academic background, which includes two Masters Degrees: one in Sanskrit, from U.C. Berkeley (where he has taught) and another one, in Religious Studies, from U.C. Santa Barbara. He is currently working on his Ph.D. dissertation on the Krama school of Kashmiri Tantrism.

Carlos currently lives in San Francisco, California, and travels extensively around the world conducting a variety of retreats, courses, seminars, workshops and lectures on the Wisdom of Yoga and related subjects.

As a teacher, Carlos is renowned for the breadth of his knowledge and the clarity with which he conveys it. His great love of the Indian yoga traditions, his insight, his humor and his deep connection with his audiences give him the ability to transmit the deepest scriptural teachings in a way that is clear, meaningful and applicable. Studying with Carlos is an enjoyable and transformative experience. For information on Carlos's DVD series "The Wisdom of Yoga" and other forthcoming titles, visit [www.pomeda.com](http://www.pomeda.com).

**Jim Bernaert** has been practicing yoga since 1984. In his early years he practiced and studied in the Iyengar method. He began teaching yoga in 1990. In 1996 he began studying with John Friend, the founder of Anusara Yoga and in 2000 he became a certified Anusara teacher. Since

that time he has taught ongoing classes, workshops and teacher trainings both on the Big Island of Hawaii where he resides, as well as all around the world.

Jimmy offers his years of experience of practicing and teaching the Universal Principles of Alignment, inspiring Tantric philosophy, and therapeutics, which embody Anusara Yoga. In recent years much of his focus has been on meditation. In 2008 he began meditation and philosophy studies with Paul Muller-Ortega in Blue Throat Yoga. Students experience the clarity of his understanding, his precise instructions and his warm and generous heart.

**Ruthie Bernaert** has been teaching yoga since 1984. Her teaching reflects her love for life and for the practice of yoga. She teaches all levels and ages of students and delights in helping each one to discover their own greatness. Ruthie has gratitude for all her teachers, past and present, especially Gurumayi, Paul Muller-Ortega, Aadil Palkhivala, John Friend, and of course her students who continue to inspire her.

**William K. Mahony**, PhD, is known for his informed and warm teaching style that makes yoga philosophy accessible to all levels of students. Bill's most recently published book is *Exquisite Love: Reflections on the Spiritual Life based on the Bhakti Sutra*, which is on the yogic cultivation, refinement and elevation of spiritual love. His other books include *The Artful Universe: An Introduction to the Vedic Religious Imagination*. Bill's scholarship is informed by his own yogic practice sustained over four decades. He holds degrees from Williams College, Yale University and the University of Chicago and is Professor of Religion at Davidson College in North Carolina. Bill conducts workshops and retreats for the international Anusara community on the philosophy of life-affirming yoga. His website is [www.wkmahony.com](http://www.wkmahony.com).

**Ellen Saltonstall** is an alignment-based yoga instructor and body therapist based in New York. She teaches Bodymind Ballwork, a method of bodywork using rubber balls, and she co-authored *Yoga for Arthritis*, 2008, and *Yoga for Osteoporosis*, 2010 with Dr. Loren Fishman. She offers yoga therapy webinars through [YogaOnlineU.com](http://YogaOnlineU.com), and she teaches nationally and internationally with a specialty in anatomy and therapeutics. Please visit her website at [www.ellensaltonstall.com](http://www.ellensaltonstall.com).

**Bridget Woods-Kramer** began her yoga practices in India in 1975 and embarked on an intense program on study to become a senior teacher and teacher trainer. She has concentrated on teaching since 1988 and her style of dynamic Yoga has evolved from time spent teaching and studying with the many visiting Yoga masters at Yoga Works in Santa Monica, considered to be one of the USA's most authentic and ground-breaking schools.

Bridget is Anusara's UK representative and main certified Anusara® teacher having studied Anusara® Yoga since 1994 and is on the board of certification for Anusara® Yoga. Bridget travels all over the world giving yoga immersion workshops, teacher training's and in depth study courses. Anusara® Yoga is a uniquely integrated approach to Hatha Yoga in which the art of the human spirit is powerfully blended with the science of bio-mechanics. Anusara means 'Flowing with grace (going with the flow) following your heart'.