

36-hour Anusara® Bridge Program

INTENTION: To educate and prepare Yoga Alliance and Anusara-licensed yoga teachers for the 300-Hour Anusara Yoga Teacher Training.

There are two groups of incoming trainees:

1. A yoga teacher who has received a 200-hour Yoga Certification in another style of yoga and who is a 200-Hour Yoga Alliance Registered Yoga Teachers (RYT200), or equivalent. This teacher may not be completely familiar with the central teaching elements of Anusara Yoga (including Tantric philosophy, Universal Principles of Alignment, and other elements of the Anusara methodology, teachings, and practice).
 - a. Completion of this program is a requirement before they begin a 300-hour Anusara Teacher Training.
 - b. The Bridge Program is followed by an exam, in which the trainee must demonstrate an understanding of the central teaching elements of Anusara Yoga.
2. Licensed Anusara teachers may take the 36-hour Anusara Bridge Program as a review and in preparation for the 300-Hour Anusara Yoga Teacher Training. The 36-hours may be applied to the elective hours of the 300-Hour Anusara Yoga Teacher Training.

CURRICULUM: The 36-hour Anusara Bridge Program is a focused and condensed version of the 200-hour Anusara Teacher Training. Completion of the program and passing the exam qualifies Bridge Participants to begin a 300-hour Anusara Teacher Training. The curriculum includes the following:

1. Tantric Philosophy
2. Teaching with a Theme
3. Universal Principles of Alignment
4. Functional Anatomy
5. Sequencing
6. Observation & Adjustment

WHO IS QUALIFIED TO TEACH: Only the Experienced Certified Anusara Teacher (ECAT) who will be leading a 300-hour Anusara Teacher Training is eligible to teach the 36-hour Anusara Bridge Program, at this time.

Bridge Program Registration Process, for ECAT only:

1. Fill out the Training Registration form found in the Teacher's Lounge on the AnusaraYoga.com Website.
2. You will receive a registration packet with details concerning your training.
3. At the start of the training provide Ory Brown, Anusara Licensing Specialist, the calculation of 2.5% of training income.
4. Ory will bill your MBO account and will send you a link to pay.
5. Please make payment within 30 days.
6. At the conclusion of the training complete the end of training worksheet.
7. Ory will provide a blank Anusara Certificate template.
8. Please provide the Anusara Certificate to all participants for attendance verification.

Anusara trainings that require registration:

1. Anusara 100-hour Immersions
2. Anusara 100-hour Teacher Training
3. Anusara 200-hour Teacher Training (and Immersion)
4. 300-hour Anusara Teacher Training
5. 300-hour Anusara Training Module
6. 36-hour Anusara Bridge Program

Communication to all who are interested in taking an Anusara 300-hour Teacher Training:

Thank you for your interest in being a part of the Anusara School of Hatha Yoga. We have created a 36-hour Anusara Bridge Program for all yoga teachers who have their 200-hour Yoga Alliance Registration (RYT200) in another style of yoga. Here are the steps along the Anusara teacher path:

1. Locate an Experienced Certified Anusara Teacher (ECAT) who is hosting an Anusara 300-hour Teacher Training
2. Confirm with this teacher that they will be teaching the 36-Hour Anusara Bridge Program, if not contact the Anusara School of Hatha Yoga.
3. Complete the 36-Hour Anusara Bridge Program PRIOR to enrolling in an Anusara 300-hour Teacher Training.
4. Complete the following to be eligible to apply for Anusara-Inspired™ Teacher:
 - a. Anusara 300-hour Teacher Training, including the following:

- i. 36-Hour Anusara Bridge Program
 - ii. 144 Required Hours
 - iii. 156 Elective Hours (taught by a Certified Anusara Teacher, ECAT, or SMS)
5. After two years of being a Licensed Anusara-Inspired Teacher, you will be eligible to apply for the Anusara Certification Process.
6. It is highly recommended to discuss with your Certified Anusara Teacher if you should attend, complete, audit, or assist an Anusara 200-hour Teacher Training and/or Immersion prior to applying for Certification.