

Preliminary Mentor's Form

This form should be completed online. It is available in the Teachers' Lounge.

This form is to be filled out by a certified Anusara yoga teacher of your choosing; someone you consider a mentor. If there are no licensed teachers who can view your class, please contact the office for further instructions. This form serves as recommendation that you are ready to enter the certification process and must be submitted in order for your application to be accepted.

TO THE CERTIFICATION CANDIDATE'S MENTOR: Please review the certification candidate's video to ensure that the video has captured all the elements of an Anusara yoga class. Also, ensure that you can answer each of the following questions affirmatively. If you cannot, please meet with the candidate and give him/her constructive feedback for improvement. The candidate should be given sufficient time to improve and then re-submit another video for your review. This process should take place until all the questions can be answered affirmatively. Alternatively, you may also observe a LIVE class and submit this completed form on behalf of the candidate. ****With your recommendation, the video can be submitted by the candidate as their first video for review by their assigned assessor but only after they have received notification that their application has been accepted, the remaining application fee has been paid and the written exam has been taken.

Date of Evaluation

Is this a video or a live class?

Applicant's Name (First & Last)

Email Address of Applicant

Certified Anusara yoga teacher's name (Mentor)

Mentor's Email Address

What is your relationship to the Applicant?

The Tantric philosophy of intrinsic goodness underlies the methodology of teaching Anusara yoga. Certification candidates should display a dedication to serving each student and helping him or her unveil his or her innate goodness, worthiness, and Supreme nature, while inspiring light-heartedness, playfulness and joyful creativity within the yoga practice.

I. How well did the teacher display this ability?

Each class should begin with the Anusara yoga opening invocation and/or centering as a devotional recognition of the Grace-bestowing power of universal Spirit within and around us.

2a. Did the teacher begin his or her class with some form of centering?

2b. What kind of centering did the teacher lead?

2c. Do you feel that it was appropriate and efficient?

2d. How long was the centering?

Each class should have a heart-oriented theme, which has a meaningful connection to the grand spiritual purposes of the asana practice.

3a. How well did the teacher intertwine a Heart theme and Heart quality with the postural instructions throughout the class?

3b. What was the heart quality used and how was it integrated with the key action? Please elaborate, give examples.

3c. Did the teacher stick to only one or two central heart themes throughout the class?

3d. Did the teacher offer proper context and anecdotal support for his or her heart theme in ways that the students could easily relate to and find meaningful and inspiring?

3e. At the end of the class, could you or the students clearly state the heart theme and central intention of the class? (If you are in the room with the students, you could ask).

4a. Did the teacher ensure that all the students were performing the general form of the pose, including proper foundation, in all poses throughout the class?

4b. Did the teacher ensure that the most inexperienced, stiff, or weak students in the class were guided to achieve the rough form of each pose?

5. Did the teacher's postural instructions relate to what he or she was observing in the student's poses?

6. Did the teacher instruct the students to coordinate their movements with the breath in most of the poses? How well did the teacher do this?

7. Anusara yoga teachers should apply the Universal Principles of Alignment[™] throughout an Anusara yoga class. How well did the teacher convey a working knowledge of these principles in his/her teaching throughout the class? Give examples.

8. Did the teacher make effective verbal or physical adjustments throughout the class?

9. Did the teacher suggest props when necessary? Please comment on what the teacher offered.

Demonstrations

10a. How often did the teacher offer clear postural demonstrations?

10b. Were the demonstrations clear, useful and appropriate?

10c. Did the demonstrations focus on only one or two key points of alignment, which were explicitly connected to the heart theme of the class?

10d. What was the peak pose? Was the sequencing appropriate to prepare for and cool down from this pose?

11. Were all of the students in the class served? Please comment.

12. Was the asana portion of the class concluded with Savasana? If not, what was substituted in its place?

13. Was the class concluded with meditation?

14. Did the majority of the students appear to be uplifted and empowered at the end of class?



For Potential Submission of Video

If you have completed this form based on reviewing a class video and would like to recommend the student submit this as their first certification video, please answer the following questions.

To meet the minimum criteria for submission as the first certification video, you need to see the following skills in the candidate's teaching. Please affirm.

Theme that is relevant to the students.

A heart quality paired with a specific action in the pose instructions, in order to bring the heart quality/theme into the body.

Good understanding of the Universal Principles of Alignment.

In your opinion, is this video ready to be submitted by the candidate as their first video?