



Inspired Process Packet

For your Reference

Revised June 2015



Welcome to the Anusara-Inspired Yoga process. Thank you for your interest in becoming an Anusara-Inspired yoga teacher. This category of teachers has been created in the spirit of community-building. Anusara-Inspired yoga teachers are given legal license to promote themselves in this way by committing to regular study and practice of Anusara yoga and by aligning with our Anusara yoga ethical guidelines. Licensed Anusara-Inspired yoga teachers have studied Anusara yoga for at least two years, completed a minimum of 200 hours of Anusara yoga studies, including at least 100 hours of Anusara Yoga Immersion studies and 100 hours of Anusara Yoga Teacher Training, and have at least two years of teaching experience after their Anusara Immersions and Teacher Training,

Our Anusara-Inspired yoga curriculum is nationally registered with the Yoga Alliance as a Registered Yoga School under their 200-hour level. Once a teacher has become a licensed Anusara-Inspired yoga teacher, he or she may also register with the Yoga Alliance in the Anusara-Inspired category.

In the spirit of simplifying life, I have included all the information and documents that you need to prepare for the Anusara-Inspired status of teaching in this downloadable printer-friendly packet, which you may save to your computer for easy personal reference.

ALL OUR INSPIRED FORMS ARE NOW ON THE WEBSITE, to be filled in and submitted online. If this presents a problem for you, please email your Regional Team Leader or certification@anusarayoga.com to arrange for alternative submission.

We invite you to join in and help build the life-affirming vision of Anusara yoga with us!

With Blessings of Love,

Jackie Prete, Certification Committee



Inside This Packet

Curriculum Requirements.....	1
Central Teaching Elements.....	3
Applicant Checklist.....	5
Application.....	6
Credit Hours Form.....	9
Class & Video Requirements.....	10
Class & Video Assessment Form.....	11
ASHY Continuing Education Policy.....	16

Curriculum Requirements for Licensed Anusara-Inspired™ Yoga Program

This level of license allows instructors to promote their teaching in a way that connects them to Anusara in an official and legal way without gaining the Anusara yoga certification. Anusara-Inspired yoga teachers express their dedication to Anusara yoga through this teacher classification, but only certified Anusara yoga teachers may hold the title of "Anusara yoga instructor" and fully represent Anusara yoga. Due to the training required by Anusara to become an Anusara-Inspired yoga teacher, you may expect a quality yoga class inspired by Anusara yoga's uplifting Tantric philosophy, Universal Principles of Alignment, and ethics. In addition to our certified Anusara yoga teachers, please feel free to connect to the Anusara yoga community through one of our Anusara-Inspired yoga teachers.

The harmony of the Anusara yoga community is maintained by adhering to a set of ethical guidelines. All Anusara yoga teachers and Anusara-Inspired yoga teachers are required to follow these ethical guidelines in order to maintain their teaching licenses with our organization. Please see our Ethical Guidelines at <http://www.anusarayoga.com/ethics/>.

Prerequisites for applying for Anusara-Inspired yoga teacher status:

(Once you have fulfilled all the prerequisites, you may then begin the application process.)
Effective July 1, 2015

- ❖ Complete 200 hours of Anusara yoga studies including:
 - 100 hours of Anusara Yoga Immersion studies or the equivalent.
 - 100 hours of Anusara Yoga Teacher Training.
- ❖ At least 2 years of teaching experience after completing the 200 Anusara Yoga TT. It is highly recommended that the teacher apply for the Anusara Elements license within two years of Anusara TT.
 - –Exception: Teachers who have taught Hatha yoga for 3 years are eligible to apply for Anusara-Inspired status after 1 year of teaching Anusara yoga and meeting the other requirements. A live or video class review by an Anusara Certified teacher who was not their primary teacher is required.
- ❖ Must thoroughly study the required Anusara Yoga Teacher Training Manual.
- ❖ Must not blend any other teaching styles with the Anusara Yoga methodology and philosophy in the yoga classes you wish to advertise as Anusara yoga.
- ❖ Must agree to adhere to Anusara yoga's ethical guidelines.

If you meet the above prerequisites, we invite you to apply to become an Anusara-Inspired yoga teacher.



The application fee is \$50.

(\$20 of this fee is paid to the teacher who reviews & processes your application.)

When approved, there is a \$75 license fee.

The annual renewal fee for Inspired is \$75. All licenses renew January 1 each year.

CREDIT HOURS CALCULATION

Credit hours are calculated for workshops, trainings, and assisting.

1 workshop/training hour = 1 credit hour

Lecture hours with the following philosophy and meditation teachers also constitute full credit: Professor Douglas Brooks, Paul Muller-Ortega, Carlos Pomedá, Sally Kempton, Bill Mahony, Hareesh Wallis, Christopher Tompkins, Anodea Judith, and Eric Shaw.

1 credit hour = 1 lecture hour

Note: during our transition period from Anusara yoga Inc., to our new teacher-led ASHY, credit hours will still count with all teachers previously listed. In the future we will revise and expand the list of teachers who collaborate with us. Teachers who are eligible for this role a) uphold and honor our vision, b) align with our philosophy, and c) teach subject(s) that directly speak to and/or support our curriculum and methodology.

Reference Library

- Anusara Yoga Teacher Training Manual
- Light on Yoga — B.K.S. Iyengar
- The Yoga Sutras of Patanjali — any/several translations
- Bhagavad Gita — any/several translations
- Hatha Yoga Pradipika — any/several translations
- Shiva Sutras: Supreme Awakening — Swami Lakshmanjoo
- Anatomy of Movement — Blandine Calais Germain
- Meditation for the Love of It — Sally Kempton

13 Central Teaching Elements

Include the following central teaching elements in each class in order to avoid the most common teaching mistakes and hence dramatically improve the quality and effectiveness of your teaching. This list of teaching elements is simply a summary of some of the most important elements described in this section on the art and skill of teaching yoga.

1. Begin the class by having the students take their seats and turning inside to become mentally and spiritually centered. Without a brief period of centering and establishing intention in the beginning of class, the spiritual art of yoga can easily degrade into a mere physical work-out session.
2. The initial period of centering and invoking blessings should be reasonably brief in order to start warm-up exercises within the first 7 minutes of class. The warm-up poses should be performed dynamically – held briefly and repeated several times – so to help dissolve any sluggishness and inertia. Do not start the class too slowly, or give too much commentary or instruction in the beginning of class.
3. Set a heart-oriented theme for the class, and then periodically interweave it through the entire class, not just at the beginning or end of class.
4. Evoke the attitudinal theme in the students' poses by using language, images, and anecdotes that are clearly contextualized, so that the postural instructions truly inspire and make sense to the students. The heart quality of one of the virtues will enhance your theme, i.e., cultivating courage or humility. This heart quality should be paired with one of the 5 principles like Muscular Energy, Open to Grace, or Inner Spiral. The theme and heart quality should repeat throughout the class and bring the students into their own hearts and the deeper purpose of yoga.

The heart quality and theme are tools to connect students to their deep intention (sankalpa) to become more in tune with their essential nature.

5. Stick to one or two central attitudinal themes/heart qualities throughout the class. Do not confuse the students or dilute your presentation by mixing a variety of themes.

6. Look at the foundation of the pose! See if the students have set the foundation properly. Do not start instructing other parts of the pose until the foundation is properly set. It is a major error of teaching yoga to instruct postural details on a minor part of the pose while the foundation is grossly misaligned.
7. Relate your postural instructions to what you are observing with the students' poses. Teach to what you are seeing. Do not fall into automatic pilot and rattle off standard postural instructions without looking for the common misalignments.
8. Walk around the classroom while teaching. Don't spend much time teaching while performing the poses at the front of the class, since you cannot easily observe the students if you don't walk around the classroom.
9. Be sure to help inexperienced, stiff or weak students achieve the rough form of the pose. Use both verbal and physical adjustments to help them move along with the rest of the class. These students must be given special attention. Do not neglect these students.
10. Keep demonstrations succinct and focused on just 2 or 3 specific postural actions. Do not teach a lot of general alignment points when demonstrating. Include heart theme/quality in the demo.
11. Link instructions. Also, remember to connect alignment instructions with the breath.
12. Allow for sufficient time to cool down and conclude the class properly with cooling poses, Savasana, and a blessing. Allow each class to connect you to your deepest longing to serve the highest for yourself and your students.
13. Remember to remain soft, open and enjoy yourself – ultimately that's how you will do your best teaching.



Anusara-Inspired™ Yoga Teacher Pre-Application Checklist

This form should be completed online if at all possible. Alternatively, request a word .doc from your Regional Team Leader. A link to the Application Fee will be sent to you.

Please make sure that you have met the following prerequisites.

Name: _____ Date: _____

Email address _____ Country _____

Which Global Region do you live in? (check one)

Asia/Pacific Canada Europe/Middle East/Africa Latin America/Caribbean USA

- 1. Do you have at least two years of teaching experience since your Anusara Teacher Training? (this will be effective July 1, 2015) _____
- 2. Have you completed at least 100 hours of Anusara Yoga Immersion studies with a certified Anusara yoga teacher? _____
- 3. Have you completed at least 100 hours of Anusara Yoga Teacher Training with a certified Anusara yoga teacher? _____
- 4. Have you thoroughly studied the *Anusara Yoga Teacher Training manual*? _____

It is ASHY policy to encourage our teachers to express their unique divine nature while maintaining a clear connection to the *Universal Principles of Alignment™* of Anusara Yoga. As such, ASHY teachers are not restricted from teaching other styles of yoga. However, creating clarity for our students and fostering the Anusara yoga methodology requires that ASHY teachers agree not to blend any other type of yoga in a class that is listed as Anusara or Anusara-inspired.

- 7. Do you agree to not blend any other teaching styles with the Anusara yoga class methodology and philosophy in the yoga classes you wish to advertise as Anusara-Inspired™ yoga? _____



Licensed Anusara-Inspired™ Yoga Teacher Application

This form should be completed online if at all possible. Alternatively, request a word .doc from your Regional Team Leader.

To the applicant: Thank you for your interest in applying to be an Anusara-Inspired yoga teacher. Before your application will be approved, you must submit the following:

- A list of all private classes, workshops, Anusara Yoga Immersions and trainings you have taken with either a certified Anusara yoga teacher or John Friend (hours with JF are valid up to March 1, 2012). A tracking form is available on our website. Required hours must be verified by the teachers.
- You need to have a certified Anusara yoga teacher view either a live class or a filmed class. They must complete the online Class Evaluation form available (in the Teacher’s Lounge) before your application can be approved.

Name

Date:

Mailing Address:

City)

(State/Province)

(Zip)

Country

Email Address:

Website (if applicable):

Skype address (if available)

Which Global Region do you live in? (check one)

Asia/Pacific Canada Europe/Middle East/Africa

Latin America/Caribbean USA



Questions for Anusara-Inspired™ Yoga Teacher Application

1. How many years have you been studying and practicing Anusara® yoga?
2. Who has been your primary Anusara yoga teacher? List up to 3 Anusara yoga teachers who you have primarily studied with.
3. How many years have you been teaching yoga? how many classes per week
4. Do you align with Anusara yoga's philosophy and ethical guidelines and agree to be a harmonious community member?
5. Do you agree to continue your regular studies of Anusara yoga?
6. Do you have a thorough understanding of the Universal Principles of Alignment™? Please list the 3 A's and a brief description of their meaning.

7. Do you know and understand the Central Teaching Elements of an Anusara yoga class (included in the Inspired Protocol packet) that are essential in every class?

Please name one and state what it means to you.

8. Please answer carefully each of the following three questions:

- Do you teach any other styles? If yes, which ones?
- Do you understand that the Anusara yoga class methodology and philosophy are not to be blended with any other styles of yoga?
- Do you agree to not advertise or teach a class of Anusara-Inspired yoga blended with other styles of yoga?

9. Has a certified Anusara yoga teacher approved either a live class or a video tape of your class?

10. Which Anusara yoga teacher will be submitting an assessment of your class?

13. Please attach a one-page explanation of your reasons for applying for Anusara-Inspired yoga status.



Credit Hours Form for Anusara Yoga Teacher Curriculums

This form is now available as an excel spreadsheet which you can download and fill in.

<http://www.anusarayoga.com/become-a-teacher/credit-hours-log-spreadsheet/>

Please list all the workshops, trainings, private lessons, that you've done with a certified Anusara® yoga teacher, and then ask your certified teacher or approved scholar to initial next to his/her name before submitting the form to us. For multiple teachers, please request each teacher to confirm your hours by email to you. To be considerate, please individually email each teacher or scholar including the event type, event date, and the number of hours taken.

Please cut and paste all these emails into one document and then send that compilation of confirmation emails to certification@anusarayoga.com.

All workshops, trainings, and private lessons with any certified Anusara yoga teacher (or John Friend up to March 1, 2012):

1 workshop/training hour = 1 credit hour

Observing, apprenticing, and assisting also count for full credit.

Lecture hours with the following philosophy and meditation teachers also constitute full credit: Professor Douglas Brooks, Paul Muller-Ortega, Carlos Pomedá, Sally Kempton, Bill Mahony, Hareesh Wallis, Christopher Tompkins, Anodea Judith, and Eric Shaw.

Note: during our transition period from Anusara yoga Inc., to our new teacher-led ASHY, credit hours will still count with all teachers previously listed. In the future we will revise and expand the list of teachers who collaborate with us. Teachers who are eligible for this role a) uphold and honor our vision, b) align with our philosophy, and c) teach subject(s) that directly speak to and/or support our curriculum and methodology.



Class and Video Requirements for Anusara-Inspired™ Yoga Teacher Applicants

The class that is being reviewed for possible Anusara-Inspired yoga teacher status must meet the following requirements:

- Must be a complete regular public class, ranging from introductory to advanced level, with a wide variety of different postures, is necessary for your class.
- Range between 75 – 90 minutes in length.
- Should depict a well-rounded practice that clearly shows your skill and knowledge of teaching Anusara yoga.
- A minimum of 6 students is required in the class.
- All of the key elements of an Anusara yoga class must be presented in the class that is being assessed. Please refer to the *Elements of an Anusara Yoga Class* document, which is posted on our website in the main Curriculum section for reference.

If your class is being video recorded for Evaluation purposes, your video must capture the above, as well as capture good audio and clear visual. If the camera is stationary, please position it in the room so that it captures the image of you teaching and adjusting the majority of the students in the class. A video where the camera is stationary is preferred. Demonstrations must be visible on the video as well.

**If you do not have a certified Anusara teacher available to you, email certification@anusarayoga.com to arrange for an alternative. Capture your class on a video camera and be prepared to upload your video on one of the following internet video sharing websites:

Google drive
Vimeo
Youtube



Video or Class Evaluation for Licensed Anusara-Inspired™ Yoga Teacher Application

This form should be completed online if at all possible. Alternatively, request a word.doc from your Regional Team Leader.

This form is to be filled out by a certified Anusara yoga teacher (or an Anusara-Inspired yoga teacher where there is no certified Anusara yoga teacher available). If there are no licensed teachers who can view your class, please contact the office for further instructions. The form is available in the Teacher's Lounge after login.

To the certified Anusara yoga teacher: *Anusara-Inspired yoga teachers do not have the extensive training and experience in comparison to a certified Anusara yoga teacher. However, they should be able to demonstrate an understanding of the Anusara yoga method, Universal Principles of Alignment™, and the ability to teach the essential elements in each class. Please answer the following questions in detail in order for us to have an accurate assessment of the teacher's ability to represent Anusara yoga.*

Date of Evaluation:

Applicant's Name: .

Which Global Region do you live in? (check one)

Asia/Pacific Canada Europe/Middle East/Africa Latin America/Caribbean USA

Anusara yoga teacher's name:

Your Email Address

Are you viewing a video or a live class?

What is your relationship to the applicant?



Is this applicant dedicated to Anusara yoga?

Please complete the following questions honestly and to the best of your ability. Thank you!

1. The Tantric philosophy of intrinsic goodness underlies the methodology of teaching Anusara yoga. Inspired 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. Please explain.

a. How well did the teacher display this ability?

2. 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.

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

b. What kind of centering did the teacher lead?

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

d. How long was the centering?

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

a. How well did the teacher intertwine a theme with the postural instructions throughout the class?

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

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

 - d. 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?

 - e. At the end of the class, could the students clearly state the heart theme and central intention of the class?
- 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 students' poses?
6. Did the teacher instruct the students to coordinate their movements and actions with the breath in every pose? How well did the teacher do this?
7. Anusara yoga teachers should apply the Universal Principles of Alignment™ throughout an Anusara yoga class.
- a. How well did the teacher convey a working knowledge of these principles in her/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.

10. Demonstrations

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

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

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

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, empowered, delighted by life, and feel generally better about themselves?

15. Do you think the candidate meets the standards of an Anusara-Inspired yoga teacher and is the candidate ready to be licensed as such?

a. Please describe areas where this teacher can enhance their teaching i.e. pacing, use of language, observation skills, heart theming, adjustments.

b. Is this teacher ready to represent Anusara Yoga as an Anusara-Inspired teacher?

ASHY CONTINUING EDUCATION POLICY

Anusara Elements Teachers

•Enforced with 2016 renewals

•Annual requirement

•Ten hours of continuing education

- **5 contact hours in workshop/training** with a current Inspired or Certified teacher or approved philosophy scholar.
- **5 non-contact hours:** Approved online learning, participation in ASHY online-community learning opportunities (e.g. book discussions).

•Verification and process for documenting should be determined by summer 2015.

•*The AET teacher who does not have contact training opportunities with another AI or AC teacher is encouraged to invite a teacher to their location and host a workshop. Or worst case, contact AET admin and Regional rep to discuss.*

•Starting January 2015, those who completed teacher training back to Jan. 2013 will be eligible to apply for AET. Elements teachers with 2 years teaching experience are strongly encouraged to apply for Inspired status. Those who wish to remain AET beyond 2 years may be required to have a Class Evaluation (TBD).

Anusara-Inspired and Certified Anusara Yoga Teachers

Inspired CE required for 2016 renewal (even years)

Certified CE required for 2017 renewal (odd years)

20 hours over **two** years.

- **10 contact hours in workshop/training** with a currently licensed Certified Anusara yoga teacher or Anusara-Inspired yoga teacher
- **10 non-contact** Approved online learning, participation in ASHY online-community learning opportunities (e.g. book discussions) or study with a teacher outside Anusara yoga that holds an ERYT-500 or equivalent certification.
- Class evaluation by peer.

•Verification and process for documenting should be determined by summer 2015.