



## **Certified Curriculum Packet**

*For your Reference*

Revised October 2015



Dear Friend of Anusara,

Thank you for your interest in Anusara yoga teacher certification. The certified Anusara yoga teacher's main intention is to serve each student and to help them unveil their innate goodness, worthiness, and Supreme nature. With love, respect and honor, the Anusara yoga teacher is dedicated to serving and helping each student build his or her self-esteem. Another emphasis for Anusara yoga teachers is evoking light-heartedness, play, fun, celebration and joyful creativity in the student's yoga practice. Students are also encouraged to be independent in their thinking and to resist mindless conformity.

The Anusara yoga certification program is internationally registered as a Registered Yoga School through Yoga Alliance under their 500-hour level. Once a teacher has become a certified Anusara yoga teacher, he or she may also register with the Yoga Alliance under their Anusara yoga classification. Additionally, Anusara yoga certification is among the most professional and demanding in the industry of yoga teaching. All certified Anusara yoga teachers complete several years of study, including hundreds of classroom hours with certified Anusara yoga teachers. They all go through multiple teacher training courses and teach professionally for at least four years, before formally entering the certification process.

Once you have met the prerequisites, you can submit your checklist to begin the certification process. You must be a currently-licensed Anusara-Inspired Teacher to apply. ALL OUR FORMS are available ONLINE in the Teachers' Lounge. If submitting the forms and payments online is a problem for you, please contact your Regional Team Leader or [certification@anusarayoga.com](mailto:certification@anusarayoga.com).

Anusara yoga certification is designed to be a wonderful process of education and esteem- building, so there is no failure in this process. If both the videos and the exam meet approval, you will be awarded certification. If either the video or the exam does not meet certification standards, then you will be clearly informed on what to work on in your practice or teaching for some period of time, usually 3-6 months. During this time you will be encouraged to contact your assigned certification assessor anytime by phone or email to discuss any aspects of your teaching or practice. After a designated time period you will be asked to resubmit another video for evaluation or send an addendum to the exam. Eventually everyone that is initially approved to enter into the certification process will become certified. The general guideline is that you complete the exam and video process within a year of your application's acceptance. Finally, once the exam and video has been approved a beautiful Anusara yoga teaching certificate will be mailed to you.



The process of certification is in many ways more important than actually receiving a certificate. Earning an Anusara yoga certificate honors and acknowledges that the teacher has done a great deal of study and practice in the art of teaching yoga. The certificate is not a contract that forces the teacher to follow any dogma or to limit the teacher's creativity and individuality. On the contrary, the certificate is similar to a diploma that the teacher earns by completing all the certification requirements of Anusara yoga. The teacher is encouraged to grow and develop, fulfilling his or her own individual potential.

Once you have completed the certification process, sign the Anusara yoga license agreement, abide by Anusara yoga's ethical guidelines, continue to regularly study and practice Anusara yoga, and pay the annual certification fee, you earn the legal right to promote yourself as a certified Anusara yoga teacher. If in the future, you lose your certification status with Anusara, then you can still advertise that you "once were Anusara yoga certified." However, you are not permitted to promote yourself as a certified Anusara yoga teacher, if you are not in good standing with the Anusara School of Hatha Yoga.

In the spirit of simplifying life, all the information and documents that you will need to prepare for certification is available in a downloadable printer-friendly packet on our website, which you may save to your computer for easy personal reference.

We invite you to join in and help build the vision of Anusara yoga together!

With Deep Respect,

Jackie Prete, Certification Committee



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## Certification Requirements

Anusara yoga is a nationally registered hatha yoga school that offers a professional yoga teacher certification for teachers who meet the following requirements:

**Prerequisites for applying for certification:** Once you have fulfilled all the prerequisites, you may then submit you're the pre-application checklist online.

**Current Anusara-Inspired license** (fee paid and license agreement signed).

**Minimum of 4 years practicing and studying hatha yoga, which includes:**

A minimum of 1 public class (minimum 1.5 hours) per week for 40 weeks per year = total of 240 classroom hours over 4 years; plus regular home asana practice minimum of 1 hour/day – 4 days/week for 52 weeks/year = total of 832 hours of home asana practice over 4 years.

**Minimum of 2 years practicing sitting meditation.**

Minimum of 15 minutes/day, 6 days/week = 156 practice hours of meditation practice over 2 years.

**Minimum 4 years of teaching yoga:**

A minimum of 1 public class (minimum 1.5 hours) per week for 40 weeks within each year = total of 60 hours teaching per year and 120 hours teaching in the 2 years.

**Minimum 2 years of studying Anusara yoga with any certified Anusara yoga teachers.** These 2 years can be included in the 4 years of hatha yoga listed above.

**Minimum of 300 credit hours with a certified Anusara yoga teacher (or John Friend effective up to March 1<sup>st</sup>, 2012) before submitting an application.** An additional 200 credit hours must be completed by the time certification is complete.

**NOTE: Credit Hour requirements are changing in 2015. Please contact [certification@anusarayoga.com](mailto:certification@anusarayoga.com) for current information.**

A total of 500 hours is required to complete certification.

- 100 of the total hours must be a Level I Anusara Yoga Immersion course or the equivalent. (Contact the ASHY office to inquire about equivalency.)
- 100 of the total hours must be Teacher Training hours with a certified Anusara yoga teacher (or John Friend up to March 1, 2012).

Credit hours are calculated in the following way and include workshops, trainings, private lessons, assisting, and auditing of classes.

**1 classroom hour = 1 credit hour**



Lecture hours with the following philosophy and meditation teachers: Professor Douglas Brooks, Carlos Pomedá, Sally Kempton, Bill Mahony, Paul Muller-Ortega, Anodea Judith.

**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 philosophy 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.

### **Required Reading:**

- Anusara Yoga Teacher Training Manual — ASHY 2014 Edition
- Light on Yoga — B.K.S. Iyengar
- The Yoga Sutras of Patanjali — any/several translations
- Bhagavad Gita — any/several translation
- 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

If the above requirements are met and the application for certification is accepted, then the candidate must pass an evaluation of the following 3 areas. Detailed information regarding the written exam and video sections will be sent to the candidate upon acceptance of the certification application.

- **Asana performance** — the ability to perform most of the Level I Syllabus of poses with a yogic Attitude, good Alignment, and balanced Action. Asana performance will be observed and evaluated during classes and workshops by a certified Anusara yoga teacher.
- **Teaching skills** — these will be observed through videos of the applicant's classes. The video must capture an entire class from beginning to end and be between one hour and one and a half hours in length, as well as capture good audio and clear visual. The video should also depict a well-rounded class that shows the applicant's skill and knowledge of teaching Anusara yoga.
- **A written take home exam will be administered.**  
Subjects include but are not limited to the following:
  - yoga philosophy
  - anatomy/kinesiology
  - therapeutics
  - alignment principles
  - pranayama
  - asana sequencing in a class



This exam takes a minimum of 30 hours to complete. You are given 10 days to complete the test. A non-refundable fee of \$400 is required before the exam. This fee covers administration and the time it takes to process the videos and the exam. After the exam has been returned, the video can be uploaded.

Throughout the application process, up to the point of submitting the first official video in the video portion, the candidate should have a mentor to help him or her refine his or her teaching skills. Depending on the amount of time his or her mentor is spending with the applicant, it may be appropriate to compensate the mentor fairly. Any such financial arrangement with a mentor should be decided on an individual basis. Please contact [certification@anusarayoga.com](mailto:certification@anusarayoga.com) for further details about mentorship.

When the candidate passes all three parts of the process, they will be notified by the Certification Team Leader and sent a certified teacher's license contract and instructions on paying the first year's license fee, currently \$125. The candidate is not considered a certified Anusara yoga teacher until both the license agreement and license fees are completed. After these two items are finished, the candidate will be sent their certificate.

The ASHY Board of Directors has approved a new Continuing Education Policy effective with certification renewals 2017. See page 36. Your Credit Hours log should be kept up to date to track your hours post-certification. It's a good idea to gather verifications of your additional training hours so you'll have them when they are needed.

## 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.



## Cost of Certification

The entire cost of Anusara yoga certification is \$500. There is no separate fee for the certificate itself as there was in the past. An initial payment of \$100 (of the total fee of \$500) is due when the application is submitted. The balance due of \$400 is to be submitted prior to requesting the certification exam. A general breakdown of how these fees are used by the ASHY is listed below. According to the ASHY certification process standards, candidates have a full calendar year to finish their certification from the time the application is approved. Within this time frame, and the standard fee, the applicant is allowed to submit up to 3 videos to their assessor. If the assessor and the certification team leader deem the applicant needs to provide another video, an additional payment of \$75 will be made to ASHY and paid to the assessor for the additional time needed to help the candidate achieve the goal of full certification.

To streamline the process, we are requesting that all payments be made online, but if this is not possible, please contact [admin@anusarayoga.com](mailto:admin@anusarayoga.com) to make alternate arrangements.

Here is a breakdown of where your fee is being distributed: Anusara Certification Fee \$500

- \$25 paid to teacher that reviews application
- \$75/per video paid to assessor; for first two videos
- \$75 paid to regional certification team member for exam review
- \$100 paid to regional certification team leader to coordinate assessments, exam review, and work with candidate to complete the process
- \$100 – \$175 paid to ASHY for administrative costs and overhead for certification and curriculum teams.

## Preparing to Apply for Certification

When you have met the pre-requisites, including the reading list, and decide to apply for certification here are the steps:

1. Be sure that your **Anusara-Inspired license** is up-to-date in the current year (renewal fee paid and license agreement signed).
2. Create a **log-in** on the ASHY website [www.anusarayoga.com](http://www.anusarayoga.com)  
You will need this to access the forms. If you are currently licensed, you should already have this.
3. Complete the certification **Checklist** found in the Teachers' Lounge.
4. Pay the non-refundable \$100 **Application fee**. The link will be provided when the checklist is submitted. (The remaining \$400 is due when the written exam is requested. This fee covers administration and the time it takes to process the videos and the exam, as well as your certificate.)
5. Complete and submit your **application** online (link is provided when application fee is paid) Within three months of submitting your application, the Credit Hours Form and Preliminary Mentor Form must be received by ASHY.
6. Use the online **Credit Hours Form** to submit your credit hours information. \*\*\*\*Please have your teachers email you with confirmation of your hours then cut & paste those together into one document. This can be attached to the online form or emailed.
7. Have a certified Anusara yoga teacher who you have studied with in the past (if possible) observe a live class which you are teaching, or review a video of your class. This teacher will then submit a **Preliminary Mentor Form** online on your behalf, recommending you as ready to enter the certification process. Also, with the teacher's recommendation, you may submit this video as your first video for view by an assessor – after your application has been accepted and written exam has been done. Your teacher can access the Preliminary Mentor Form by logging into [www.anusarayoga.com](http://www.anusarayoga.com) and going to the Teacher's Lounge.

Once the above steps have been fulfilled, your application will be reviewed for acceptance. When you receive **notification of acceptance**, you will have one year to first take the written exam and then to submit your first video for review by an assessor.

8. The remaining \$400 is due when you request the **written exam**. *The exam should be done before submitting your first video.* You will have ten days to complete the exam. Make your request to your Regional Team Leader, unless someone else has contacted you that they have been assigned to your file.

9. Submit your **video!** *See video requirements on page 18 of this packet)* You will most likely be asked to submit more than one video in this evaluation process. Once the first video has been submitted to our office and reviewed, you will be contacted by someone on the Anusara yoga certification committee to discuss your teaching strengths and areas which could use more refinement. Submitting a second or possibly third video to demonstrate improvements is not uncommon.

If any of the three parts of the certification process does not meet certification standards, then you will be clearly informed on what to work on in your practice, studies, or teaching for some period of time, depending on the area. During this time, you will be encouraged to contact your assigned certification assessor anytime by phone or email to discuss any aspects of your teaching or practice. After a designated time period, you will be asked to resubmit another video for evaluation, send an addendum to the exam, or work on an area of your practice. Eventually everyone that is initially approved to enter into the certification process will become certified. The general guideline is that you complete the exam and video process within a year of your application's acceptance.



## Anusara Certification Pre-Application Checklist

*This form should be completed online.*

*If this is a problem for you, please contact your Regional Team Leader.*

**Please be sure that you have met the following prerequisites.  
Complete the checklist and when you submit, an email will provide the link to the payment screen.  
When payment is made, the Online Application will become available.**

First Name

Last Name

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

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

Email Address

County

Date

**By checking each of the boxes below, you are affirming the following statements to be true:**

1. I have practiced and studied Hatha yoga for at least four years one class a week, one hour a day of home practice 4 days a week.
2. I have been practicing sitting meditation a minimum of 2 years.
3. I have at least 4 years of teaching experience in any style of hatha yoga at least one class per week.
4. I have at least 2 years of Anusara yoga studies with a certified Anusara yoga teacher.
5. I have completed at least 300 hours (of the 500 required) studying with certified Anusara Teachers (including John Friend up to March 1, 2012).
6. I have 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. I agree to not blend any other teaching styles with the Anusara yoga class methodology and philosophy in the yoga classes I wish to advertise as Anusara yoga.

8. I have read the items on the Required Reading List.

9. I have paid my Anusara-Inspired license renewal fee and signed a license agreement for the current year.



## Application for Teacher Certification

*This form should be completed online.*

*If this is a problem for you, please contact your Regional Team Leader.*

Name

Date

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

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

Complete Mailing Address

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(City)

(State/Province )

(Zip)

Country

Email Address:

Website (if applicable):

Date of Birth: (for our office only) Include Month, Day, & Year

If you have not done so in the past, please include a current, non-returnable headshot of yourself. Please do not fax your photos.

Scholastic History:

How many years have you been practicing yoga? \_\_\_\_\_

How many days per week do you practice at home? \_\_\_\_\_

How many hours per day do you practice at home on average? \_\_\_\_\_

How many years have you been taking public yoga classes? \_\_\_\_\_

How many classes per week on average have you taken in the above years? \_\_\_\_\_

What are the strengths of your asana practice?



What can you improve in your asana practice?



How many years have you been practicing sitting meditation? \_\_\_\_\_

How many days per week and how many minutes per day do you meditate? \_\_\_\_\_

Do you practice pranayama? If so, what kinds of pranayama and how often?

List any courses of study or credentials, including credit hours for anatomy, kinesiology, Indian philosophy, therapeutics or any yoga-related subject: (relevant but OTHER than Anusara Credit Hours)



How many years have you studied Anusara yoga with either an affiliated/inspired or certified teacher or John Friend (JF hours valid up to March 1, 2012)?



**Credit Hours** will be submitted on a separate online form. Please be prepared to provide the date, location and type of classes, workshops, retreats and teacher trainings you have taken, along with the number of hours obtained with either an inspired or certified teacher (or John Friend up to March 1, 2012). Also, please record the total number of hours acquired. For multiple teachers, please request each teacher to confirm your hours by email that is sent to you. To be considerate, please email each teacher or scholar individually and include the event type, event date, and the number of hours that you have studied with each teacher or scholar. Credit hours must be verified by signature or email, and should be consolidated into one document.

Teaching History:

How many years have you been teaching? \_\_\_\_

How many public classes do you teach per week? \_\_\_\_

Please list your public class teaching schedule:

<u>Location</u>	<u>Type of Class</u>	<u>Avg. # of students/class</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(Attach any current promotional material)  
How many private lessons do you teach per week? \_\_\_\_\_

List any long-term injuries or physical limitations:





Do you align with Anusara yoga's principles and ethical guidelines? \_\_\_\_\_

Please attach a one-page explanation of your reasons for applying for Anusara yoga certification.

Which certified teacher will be submitting your Preliminary Mentor form attached?

Within three months of submitting your application, the Credit Hours form along with verifications from your teachers and the Preliminary Mentor Form must be received. At this time, your application will be reviewed for acceptance. You will be notified after your completed application has been processed on whether or not you have been accepted as a candidate for Anusara yoga teacher certification. If your application is accepted, you will be sent further details about the next steps in the certification process.



## 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?



## Video Requirements for Anusara Yoga Certification

Your video must capture an entire class from beginning to end and be between 1-1/2 and 2 hours in length, 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.

The video should also depict a well-rounded class that clearly shows your skill and knowledge of teaching Anusara yoga. A regular public class, ranging from introductory to advanced level, with a wide variety of different postures, is necessary for this video. A minimum of 6 students is required.

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.

Please capture your class on a video camera and upload your video on one of the following internet video sharing websites:

- Google drive
- Vimeo
- Youtube

You can keep these videos private and share them with the certified teacher who has been designated as your assessor.



b) Please explain how your theme was practical and relevant to a wide variety of students?

c) What heart quality did you use to support your theme?

d) What is the major alignment principle you used to help students connect to, cultivate, and embody your heart quality?

e) How does the main alignment principle of your class relate to the heart quality?

f) How does cultivating this quality of heart relate to the grand purposes of yoga?

- Chit: becoming conscious and aware of our spiritual essence.
- Ananda: celebrating the Spirit of Life and creatively expressing our joy through our actions.

g) What reasons did you give for why your theme and heart quality are important to cultivate in one's life? (the context, support and/or anecdotes you gave to personalize the heart-oriented instructions.)

h) How did you instruct students to express their poses from the inside out, using the heart quality that was the focus of the class?

i) Did you interweave the theme and/or heart quality throughout the class? \_\_\_\_\_

List 4 ways you interwove the theme and/or heart quality in your class. Use direct quotes from your DVD.

j) Did you stick to your main focus without adding extraneous ideas, themes or heart qualities?



k) At the end of the class, could the students clearly state the heart theme and central intention of the class?

### **3. Classroom Layout & Organization**

a) Were the mats laid out in an orderly and organized way, so that you could best observe and adjust the students?

### **4. Centering**

a) This is the first 5-7 minutes (the recommendation is 5 minutes with 7 minutes maximum) of the class in which you welcome the students, set the theme for the class, instruct sitting posture, give centering instructions, and lead the Anusara Yoga Opening Invocation or offer a period of silence. What sitting/centering instructions did you offer?

b) How effective were your centering instructions?

c) How many minutes did the Centering last before the warm-up section began?

### **5. Warm-up Poses**

a) These are the first few poses and exercises of the class that are easy to perform and warm the body through repetitive, dynamic movements coordinated with the breath. The heart quality can be initially connected to body movements and actions in this part of the class. List the warm-up sequence you used.

b) Were they easy to perform, dynamic, and not held very long?



d) How did you match the pacing to the level of your students?

## **6. Knowledge of the Universal Principles of Alignment™**

a) Did you convey a strong working knowledge of the Universal Principles of Alignment? Please explain:

b) Did you “touch on” all 5 UPA’s in order in a portion of the poses throughout the class?

c) Give a specific example of the language you used to “touch on” all 5 UPA’s in order in one pose.

d) Were movements and actions within each pose instructed in coordination with the breath?

## **7. Language Skills**

a) Give examples of your use of active instructions and appropriate passive instructions.

b) Give examples of linking language in your instructions.

c) Was your voice clearly heard by all students?

d) Did your voice inspire the students to take action in their postures?

e) Did you modulate your voice according to the strength or intensity of action needed for the postures being held?

**8. Observation**

a) Did you teach appropriately to the general level of the class?

Describe the general level of your class and your strategy for meeting the needs of the class.

b) Did you instruct based on what you were observing? Give an example or two of this that occurred in this class.

c) Did you check to see that all of the students were performing the general form of all of the poses, including setting a proper foundation?

d) Give an example of the language you used to set a proper foundation in 2 poses.

e) Did you check to see that the students were performing the general form of the pose before giving more detailed alignment instructions?

f) What major misalignments throughout the classroom did you see and respond to?

g) Were students given modifications for their poses or props to support themselves if needed?

h) Give examples of some modifications that you offered.

i) Were all of the students in the class served?

## 9. Verbal Adjustments

a) Did you properly and effectively adjust the students verbally, and did you adjust verbally before giving physical adjustments?

b) List 2 specific ways you verbally adjusted a student and why.

c) Were your verbal adjustments effective, and how could you tell?

d) Give one example of the language you used in verbally adjusting a student and describe what happened.

e) Did you use your verbal adjustments to enhance the goodness already present in the students' poses? \_\_\_\_\_ Give an example.

f) Were the students who were most misaligned and who needed the most help verbally adjusted? Give an example.

## 10. Physical Adjustments

a) Did you properly and effectively physically adjust the students (if verbal instructions were not effective or appropriate)? Describe several adjustments that you did.

b) Were the most misaligned students who needed the most help physically adjusted?

c) Did you ensure that the most inexperienced, stiff, or weak students in the class were guided to achieve the rough form of each pose?





a) Did you inspire respect from the students?

b) Were you able to maintain harmony, cohesiveness, and discipline within the class?

#### **14. Conclusion of Class**

a) Did the class end with Savasana or a substitute and/or meditation? Please explain.

b) Was there a concluding centering to reiterate the heart theme and a reminder for how to continue to embody the heart theme 'off the mat'?

#### **15. Summary**

a) What do you feel are your main strengths as an Anusara teacher? List 3.

b) List 3 areas that you wish to improve.



## Anusara Yoga Certification Video Assessment Form

(to be completed by the assessor assigned to the applicant)

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Certification Candidate	Certification Assessor
Date: _____	

### Over-arching Class Intention

#### (Tantric Philosophy of Intrinsic Goodness and Creative Freedom)

Did the teacher refer to the life affirming tantric philosophy that looks for the divine essence in all beings?

Did the teacher provide a safe environment throughout the class by ENSURING the space was clean and the mats were organized?

Was the teacher welcoming of the students? Did they smile and help to put the newcomers at ease? Did they introduce themselves to the new students?

Did it appear the students left the class feeling uplifted?

### Integration of Theme/Heart Quality into the Class

*Special Note: The theme and the heart quality (or the feeling) are two different things, and may or may not be expressed by the same word, depending on what is chosen. For instance, if the choice is compassion, it could be both the theme of the class and the heart quality. Other themes, however, such balance, are not feelings, and a heart quality would be needed to express that theme. For instance, the teacher might choose stability or steadfastness as a heart quality to express the theme of balance.*

What was the theme **or story or anecdote** of the class?

What was the Heart Quality of the class used to illustrate the theme?

Did the teacher present the theme and HQ making it relevant to modern life by using accessible, practical, everyday language and metaphor?

What is the major alignment principle the teacher used to embody the heart quality?

Did the teacher relate the HQ to a key alignment principle?

Did the teacher relate the quality of the Heart to either one of the grand purpose of the yoga practice, Cit or Ananda?

*Cit (remembrance, recognition, knowing of spiritual Essence) or Ananda (celebration of Spirit of life)*

Did the teacher PERSONALIZE the heart theme?

*(Did the teacher give the reason why it is important to cultivate the HQ/Theme in their daily life. Were there anecdotes given to personalize the heart-oriented instructions?)*

Did the teacher instruct the students to express their poses from the inside out using the Heart Quality as the focus of the class?

Did the teacher interweave the theme/heart quality throughout the class?

Did the teacher stick to their main focus without adding extraneous ideas or themes?



Was the Heart Quality and main theme presented clearly so many people may be able to state the theme at the end of the class?

### **Classroom Layout & Organization**

Were the mats laid out in an orderly and organized way, so that the teacher can best observe and adjust the students?

### **Centering**

This is the first 5-7 minutes (the recommendation is 5 minutes with 7 minutes maximum) of the class in which the teacher welcomes the students, sets the theme for the class, instructs sitting posture, gives centering instructions, and leads the Anusara Yoga Opening Invocation or offers a period of silence.

Were sitting and internal centering instructions presented?

How long was the centering section of the class?

### **Warm-up Poses**

*These are the first few poses and exercises of the class that are easy to perform and warm the body through repetitive, dynamic movements coordinated with the breath. The heart quality can be initially connected to body movements and actions in this part of the class.*

Were the poses moving with the breath?

Did the warm up incorporate the use of large muscle groups?

Were the warm up poses basic, easy to perform and dynamic i.e., not held very long? Was there clear movement instruction with minimal detailed instructions?

### **Knowledge of the Universal Principles of Alignment™**

Did the teacher convey an articulate expression of the UPAS without using jargon (i.e. “inner spiral your legs”)?

Did the teacher “touch on” all 5 UPA’s in order, in a portion of the poses throughout the class?

Were movements and actions within each pose instructed in coordination with the breath?

### **Language Skills**

Describe examples of the teacher’s use of active instructions and appropriate passive instructions:

Did the teacher use linking language in the instructions?

Give one example of linking language in the instructions the teacher used.

Did the teacher project their voice through the whole room?

Did the teacher use voice inflection to be inspiring for the poses?

### **Observation**

Did it appear that the instructor taught at a level that was appropriate for the general level of the majority of the class? (ie, pacing, sequencing and difficulty of the poses for MOST of the students)

Did it appear that the teacher instructed based on what he/she was observing in the class?

Did the teacher check to see that all of the students were performing the general form of all of the poses, including setting a proper foundation?

If the students were not in general form or foundation was off, were instructions given to bring them into alignment?

Did the teacher check to see that the students were performing the general form of the pose before giving more detailed alignment instructions?

What major misalignments throughout the classroom did the teacher see and respond to?

Were students given modifications for their poses or props to support themselves if needed?

Did it appear that all of the students in the class served?

### **Verbal Adjustments**

Did the teacher give verbal adjustments before giving manual adjustments?

Did it appear the teacher was using verbal adjustments to enhance the pose already present as opposed to 'correct' the pose?

Were the students who were most misaligned and who needed the most help verbally adjusted?

### **Physical Adjustments**

Did the teacher do physical adjustments using sensitivity, stability and adjustment if the verbal instruction didn't work for the student?

Did the teacher adjust and assist the most misaligned students first?

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?

### **Demonstration**

Did the teacher offer any postural demonstrations?

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

What poses did the teacher demonstrate and why?

How many demos were in the class?

Was the peak pose used as a demo?

Were the demos student or teacher demos?

Did the teacher gather the students to see the demo?

Did the teacher Name the Pose they were demo-ing?

Did they name and teach only 1, 2 or 3 main alignment actions in the demo?

Did the teacher relate the HQ in the demo?

Did the teacher weave the CIT Ananda in the Demo?

Did the teacher ask if there are questions after the demo?

### **Sequencing**

Did it appear the sequencing was appropriate for the majority of the class level, and modifications for the lower end offered and options for the more advanced students?

Give an example of the progressive sequencing that the teacher used in the class.

**Command of the Class**

Did the teacher appear respected by the class?

Did the teacher appear to be able to maintain harmony, cohesiveness and discipline within the class?

Did the teacher move and position her/him self mindfully?

Did the teacher use mirroring?

Did the teacher modulate their voice?

Did the teacher use direct languaging?

Did the teacher take the seat of the teacher (own their authority) and show sensitivity and humility to serving the highest in their students?

**Conclusion of Class**

Did the class end with Savasana or a substitute and/or meditation?

Was there a concluding centering to reiterate the heart theme and a reminder for how to continue to embody the heart theme 'off the mat?'



## Summary

What do you feel are the main strengths of this candidate as an Anusara teacher?

What do you feel are the main areas that need improvement for this candidate?

Do you feel the candidate is ready to be certified?

If no, please explain why you do not feel this candidate is ready to be certified.

Please list the top 3 areas in which you feel the candidate needs to refine before becoming certified.

## **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 fall 2015.