

Anusara®



Certified

Who Can Teach Anusara School of Hatha Yoga 200 Hour Immersions & Teacher Trainings

In alignment with ASHY's core value of *Excellence defined by high standards, professionalism and a desire to learn*, the Certification and Curriculum Teams continue to uphold the high quality of our 200-Hour Teacher Training program (Immersion + Teacher Training) by clarifying:

1. Who can teach the 200 hours of Immersion and Teacher Training
2. What the requirements are to be approved to teach Immersion and Teacher Training.

With that in mind please read these policies, and let us know if you have any questions.

The 200 Hour Immersions and Teacher Trainings

- **LEAD TEACHER** is a Certified teacher who is approved by ASHY to teach at the 200 Hour level.
- **CO-TEACHER** has the same qualification.
If you are already experienced at teaching Anusara Immersions and Teacher Trainings, you do not need to apply before registering trainings.
- **ASSISTANT TEACHER**
An assistant is an ASHY-licensed teacher who is selected by the lead teacher. An assistant may earn elective credit hours toward ATT.

Serving as an assistant can help advance teaching skills and knowledge and is excellent preparation to eventually teach an Immersion or Teacher Training themselves.

Assist means to assist in the events while the lead teacher is present. Assist does not mean to teach the training although the lead teacher may ask the assistant to teach up to 4 hours in a 100-Hour Immersion or Teacher Training – as long as the lead teacher is present in the room.

- **SUBJECT MATTER SPECIALIST (SMS)** is approved to teach in an Immersion or Teacher Training in a subject that is taught in the 200-Hour curriculum, including Anatomy, Philosophy, Meditation or Pranayama. A listing of subject matter specialists can be found on the ASHY website at this link: [Click Here.](#)
- **GUEST TEACHERS** may include:
 - Licensed ASHY teachers with special knowledge.
 - Non-licensed teachers with special knowledge.
 - May teach no more than 4 hours in a 100-Hour Immersion and no more than 4 hours in a 100-Hour Teacher Training. The lead teacher must be in the room.

Requirements for Anusara yoga teachers to lead Anusara yoga 100 Hour Immersions and/or 100-Hour Teacher Trainings.

- *If you are already experienced at teaching Anusara Immersions and Teacher Trainings, you do not need to apply before registering trainings.*

IN ORDER to teach Immersion and Teacher Trainings, a Certified Teacher must have the following:

1. One year experience as a Certified Anusara yoga teacher and is registered with Yoga Alliance as an E-RYT 200 or can document an equivalent level in terms of hours of teaching experience.
2. Has taught 15 hours of Anusara yoga workshops or trainings focused on Anusara yoga philosophy or the Universal Principles of Alignment™
3. Completed the Application to be a teacher of Anusara Immersion/TT and has received an email confirmation of ASHY approval. [CLICK HERE](#)

PLUS...ONE of the following options:

- After becoming a certified teacher, has assisted or observed in all three parts of an Immersion and/or the full 100-Hour Teacher Training.
- In specific cases where it's not possible to observe or assist, with ASHY approval, teacher may be assigned to work with a mentor through the preparations and teaching of his/her first round of immersions and teacher trainings

NOTE: It is highly recommended that the teacher view the video "Building Inspiration - Planning your first Immersion". Available on the ASHY website [CLICK HERE](#)