

ASHY News

By Kim Friedman, Anusara® Certified Teacher and Operations Team Coordinator for ASHY



Dear Anusara Teachers,

It is with joy, gratitude and excitement that I write this article!

JOY: I love the Anusara path! I love what it has done for me in my own life. It has deepened my personal connection to the Divine within me and around me, and it has helped me heal my body. I love what it does for my students. They are happier in their bodies, and they keep discovering new ways to express their inner beauty and unique gifts.

GRATITUDE: In my capacities as an Anusara teacher and as the School's Operations Team Coordinator, I have gotten to know so many amazing teachers! Together, you create a powerful and beautiful vessel for our shared practice. Your light radiates around the globe. I bask in that light every single day.

EXCITEMENT: The Anusara School of Hatha Yoga is growing and thriving! We now have a solid foundation from which to expand. The need for lots of Muscular Energy in the School's earlier years is shifting to lots of Organic Energy. See highlights below for details.

Highlights from the Operations Team

- ***I Am Anusara June Fundraising Event:*** Based on the results of a recent survey of Anusara teachers, the Board of Directors and the Operations Team has a clearer picture of the benefits and services you are looking for from the School. To provide more of those, the School needs more resources. Hopefully some of you will participate in this first-ever June fundraising event. Click [here](#) to read more
- **Licensing:** The Operations Team is working hard to simplify, simplify, simplify! The School will soon be moving to [MINDBODY Online](#), an online platform that will make it much easier for you to access and upload information and will make license renewals, license applications, etc., much easier to manage.
- **300-Hour Teacher Training):** The School rolled out its new 300-Hour Teacher Training in January. Like with any new initiative, there have been a few bumps along the way. Overall, however, there has been a positive response. It is already clear that this training will help students deepen their understanding of Tantric philosophy, Anusara's alignment principles, and what is required to be an effective teacher. [Jayendra Hanley](#) is the Chairperson of the School's new 300-Hour Teacher Training Implementation Committee. This committee will include a representative from each of the School's global regions.
- **Samavesha 2019:** Anusara's international annual gathering will be held in Asia. We will announce the location and date soon!
- **The Heart of Anusara 2018-2019 Event Series:** There are so many Anusara events being planned around the world and interest in many more, including teacher gatherings. We will launch this new series soon, and the School's Event Producer will work with interested teachers to plan and promote their events.

If you have questions that you would like me to address in future newsletters, please let me know by emailing laura@anusarayoga.com.

The School and you—Anusara teachers around the world—are interdependent. The School exists to serve you and provide a container that holds us and keeps us together. As teachers, you give the School meaning. You embody its vision, mission and core values. Your input helps ensure that Anusara’s philosophy and methodology stay relevant and continue to evolve. Your leadership--in your community, on the Operations Team, on the Board, on committees—provides a strong anchor for the School.

Thank you for everything you bring to your students, each other and me. May the light of your teachings continue to illuminate the world,

Kim Friedman

Operations Team Coordinator