

# Anusara Worldwide Teacher Community

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## **Andrea Keller** **Anusara Elements™ Teacher -** **Switzerland**

I am an Anusara Yoga Elements™ Teacher and a Sacrocranial Therapist, I like Anusara, because this Yoga style makes me feel incredibly good. I love to use the Universal principles of Alignment™ as they enable me to move deeply into every asana, let me feeling whole, confident, free and full of joy. After the practice my body feels open, attuned with life's flow and truly good. The life-affirming, non-dualistic, tantric philosophy, that is the foundation of Anusara, resonates with them and befits me as well.

I'm inspired by the vibrant, authentic, wise and humorous people that are the Anusara Community And I find inspiration for my classes through my own personal experiences, good books , words of wisdom, the beauty of the nature and life itself.

I have become an Anusara Elements™ Teacher because I really wanted to engage myself more intensively with Anusara Yoga, in order to make it accessible to as many people as possible so that they could benefit as I am from it.



## **Leslie Salmon** **Certified Anusara® yoga Teacher - USA**

My Certification was in process during the upheaval of Anusara Yoga in 2011. I became officially Certified in 2013.

To me, Anusara is a system that helps us learn about ourselves (strengths and weaknesses), experience asana, and remember our 'power'. How many of us have walked into a class unsure of what would happen -- only to receive instructions that take us to a place we remember from younger years, or we never believed we could do?

And, every so often, a new student appears in class stating that she/he is here because I am ANUSARA. My heart skips a beat and I feel blessed.

As one of 3 Certified Anusara Yoga Instructors in San Diego County, I hope as others teach and reach Certification, awareness of Anusara will grow.



## **Lian Yi** **Anusara Inspired™ Teacher - China**

Honestly speaking, the theory of Anusara® Yoga offers a whole system of accurate guidance to my yoga practice, which helps me improve my yoga poses substantially.

The initial contact with Anusara changed me a lot in several aspects, such as my own personal practice, my yoga teaching, and even my life attitudes.

With my further learning from respected teachers within this system, I have been experiencing its charm both physically and spiritually.

Anusara Yoga is an all-inclusive yoga in which each student's unique abilities and limitations are deeply honoured. I really like this idea because there is a strong emphasis on creative freedom and individuality.

During my persistent practice of Anusara principles, I set a clear direction for my teaching career, and I'm eager to apply the principles of Anusara to my daily yoga teaching.

As a member of the Anusara community, I'm confident that I can serve each student and help them unveil their innate goodness, worthiness, and supreme nature.

Let's delightfully dance with the flow of Shiva's characteristics together!



## **Lily Fang** **Anusara Elements™ Teacher - China**

Hi, I am Lily, a yoga teacher and a student of Benjamin Finnerty and a licensed Anusara Elements™ yoga Teacher.

I like Anusara yoga because it told me how to use my body in the yoga practice.

I, especially, cherish Benjamin's teaching method because it is humorous. The flow of his class stimulates students' potential and encourages them to become stronger.

I love Anusara's philosophy of keeping an open heart and believing that everything in my life is working out for the best .

Along with this philosophy and practice comes a state of Grace.

Particularly the teaching of Shiva and Shakti reminds me that I am whole and complete within myself.

The intelligence of the Heart and the universal and spiritual principles of creation are touchstones of Anusara, helping me and my students to make the physical practice more complete.

I am proud to be an Anusara teacher and to help others by sharing this yoga practice!