

# Anusara Around the World

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**By Jackie Prete - Certified Anusara yoga Teacher Trainer**



## **What we have in common and our challenges.**

What do the world-wide community of Anusara yoga students and teachers have in common? In a time when there is so much emphasis on what separates us, I thought we could look at what attracts so many diverse cultures to the practice of Anusara Yoga. What bonds us and what challenges us?

The yoga teachings say that at our core despite our differences of culture, language, traditions we are all one. This idea of unity awareness is one of the core teachings in yoga. Since one of our core values of Anusara yoga is To See Unity in Diversity let's explore this idea of Unity Awareness.

What we all seem to have in common.

In my travels teaching in many different countries both students and teachers of Anusara yoga have a lot in common:

- They tend to yearn for a deeper and more authentic connection to their hearts.
- They begin to discover that subtle energy shifts start to positively impact their diet, their sleep, and their interactions with loved ones.
- They study and imbibe the teachings of the non-dual philosophy at the core of Anusara yoga.
- They open themselves to exploring the huge life questions like: Who am I? Why am I here? What is my true path? How can I make a difference in the world?

- They recognize a deep need for community and connection to other like-minded people.
- They discover a need to find more meaningfulness in their lives and to be more open hearted.
- They are drawn to teaching that help connect us to our essential nature, The Self within.
- They realize that one of the many benefits of this path is seeing your life as an amazing adventure filled with highs and lows.
- They begin to see that if you have a community supporting you through the huge transitions in your life you can face anything! (Loss of job, divorce, caring for elders, death of loved ones, retirement, menopause, and serious life-threatening illnesses or injuries)

Through this daily exploration, I have noticed a profound transformation in my own awareness and for my students. Once barriers and defenses dissolve, folks discover that they are more able to love and be loved. They start to respect and love themselves and learn to listen to inner guidance. This leads to making better decisions and a happier more fulfilled life!

The Kula Although we are all one, Anusara reaches so many countries that the Kula is a beautiful diverse mix of cultures and traditions. I have noticed in my experience as a traveling teacher over the past 20 years that there is a mutual respect from each community I have visited. It is incredibly heartwarming! Any competition that exists seems to be playful and supportive.

If issues arise, the local leaders seek help and mediation. The worldwide Anusara kula is maturing and learning to clear the air, moving forward with love and respect. In learning to see the beauty and strength in each community we can easily see what gifts everyone has to offer the greater Anusara Kula.

Let's Chat! Let's have a dialogue.

- What inspired you to become an Anusara yoga teacher?
- Those of us who have been teaching for 10 + years, what keeps you coming back?

Gratitude

I am so grateful to be invited to teach in many countries around the world. Let's continue to look for the unity in diversity of our great kula and please stay connected.

With much love, respect, and gratitude for this great community,

Jackie Prete,

Certified Anusara Teacher Trainer & Former Director of Licensing for Anusara yoga