

Anusara Teacher Community

By Erika Nasi - Anusara- Inspired™ Teacher from Italy



I love the Universe in all its forms and expressions.

I became Anusara Inspired after a long and arduous journey in which I put effort, perseverance and a lot of love.

However, when you receive positive feedbacks from teachers and students, you feel that this is your place and that Anusara is what you want to teach.

This is what happened to me.

I see the students leaving the yoga hall, class after class, happy and joyful and, through the Universal Principles of Alignment™, I see their bodies become more flexible and stronger and their mind becoming more still.

This was a gift for me and I understood that together we walk, we transform, we exchange emotions, feelings, glances and words.

This leads me to understand that the power of love is the true force, it is the force that makes us all vibrate and pulsating (Spanda). My main inspirations for the classes come from the cycle of the seasons and from the flow of nature, and I can express this connection in the class's themes. This is something I really cherish about Anusara!

By Leigh Ann Kittell - Anusara Country Coordinator Germany



My spiritual path started in 2001 after a miraculous encounter with a Reiki master. Since then, I have dedicated myself to learning as much as I can about esotericism and healing. Yoga is an integral part of my own search for understanding how we grow and heal as human beings. This year I celebrate 15 years since I first stepped on the yoga mat.

By the time I encountered Anusara Yoga, I had practiced various styles of yoga and explored a wide variety of esoteric teaching. The first yoga method I studied taught classical yoga philosophy or Advaita Vedanta. I respect these philosophies; however, they were taught to me in a way that constricted my sense of freedom. At the same time, esoteric practices I was learning outside of yoga taught me to connect with spirit at a very intimate level. In these moments of transcendence, I realized that connection with spirit is not the end of the path or a goal, rather it is the beginning. Once you hit spirit, it kicks you in the bottom and says, “Now take this love back down to Earth.”

I yearned for a yoga approach that carried a vision of divine love in all of creation, including our humanity. In May 2009, I found it when I attended a workshop by Desiree Rumbaugh, certified Anusara teacher, at the Cologne Yoga Conference. The alignment principles soothed the back pain I developed from practicing vinyasa style yoga. Desiree’s heart theme about overcoming fear and saying yes to life spoke to the part of me that was suffering from a painful past partnership. The class gave a sense of community as the participants opened up to teacher other during the partner exercises.

Now almost 10 years later, I remain grateful to the Anusara method for the physical healing, I have experienced through better alignment. Although the tantric philosophy is not exclusive to the Anusara method, the path has given me the venue to explore the teachings more deeply and

integrate them into my life. Perhaps the greatest gift however of the Anusara path is kula, community, if we choose to accept it.

I believe we heal and grow through connection. My Anusara path took me to different locations over the years for trainings: Berlin, Düsseldorf, Nieder-Olm and Munich. Looking back, I don't remember the asana classes or the lectures. I remember the healing conversations with my peers in the tea breaks at Starbucks or at the dinners at the local Indian restaurant. Through sharing our stories, we witness our fears and give them space to soften. We celebrate our achievements that anchor our growth. We are reminded that we are not alone. Therefore, my main inspiration to be country coordinator is to connect people and create more space for growth and healing. Indeed, there is an administrative side to the role such as keeping up a newsletter and organizing the logistics of our annual event. Because I have a strong network into the German kula, I have received ample support and feedback.

I see two positive trends in Germany. First, the German kula is growing rapidly. Recently I chatted with Ory Brown, Professional Development Specialist at ASHY, and she said, "Germany is on fire!" Almost every week I receive an e-mail from her congratulating a new elements or inspired teacher.

The number of Certified Teachers is also growing. The second positive development is the roll out of the 300-hour teacher trainings. I expect these trainings to also foster community and provide new connections among the teachers.

Of course, there are country-specific challenges. Germany is a naturally fragmented market due to its regional character. People from Berlin or Hamburg do not need to go to Munich or Cologne for training and vice versa. As such, kula members often do not naturally interact. That is why events like the annual gathering and the upcoming 300-hour trainings are important to build a more cohesive community. In the next years, I would like to encourage more regional events in addition to the main annual event.

The annual symposium is my main project as country coordinator and in June 2018 we had our first annual gathering. My first step in organizing the event was to reach out to my network for

support. I have both a day job as a banker in Frankfurt and a small business as a coach and author. I knew I could not do it alone. Also, there was no funding.

Jackie Prete, co-founder of ASHY, gave me a nudge on how to move forward. She had planned to teach in Nieder-Olm near Mainz for June at large studio run by Sabine Freitag. She and Sabine had the idea to put the gathering “on top” of this already existing workshop. As such, we had the foundation for the event. From there, I reached out to the community asking for support on the creative side. A small team came together whom I could bounce ideas off of including Julia Schlenkert from Essen. So, Sabine covered the foundation - Shiva - and Julia covered the Shakti during the planning.

We created community in several ways: Kula classes: kula class were taught by a team of 2-3 teachers, thus bringing these individuals together.

Group coaching: On Friday evening I led the kula through interactive, light coaching questions to help them get to know each other. They exchanged their stories about why they started yoga and why they continue to practice and teach.

Main classes: Jackie taught two asana classes moving the kula into their heart with her powerful theming about ancestral healing. Group workshop: On Saturday afternoon, Jackie and I led a discussion on heart theming.

Breaks: We planned lots of breaks into the schedule and a Saturday evening dinner to create space to connect.

For many participants, the event ended in tears — the good kind — the tears that come from personal transformation and joy. The Germany gathering in 2019 will be on weekend of May 24th in Nieder- Olm. I will be delighted to welcome Desiree Rumbaugh to the event exactly 10 years after I first saw her in Cologne. Desiree’s wisdom and powerful presence will build on the beautiful foundation of the first event set forth by Jackie, the local teachers, and all the participants.

By Lu Xiaoqing



Hi, I am Lucy, but my complete Chinese name is Lu Xiaoqing. I come from a city in the Shandong province of China: Linyi.

It is a small city with a long history, but also full of a sense of modernity. It is beautiful and constantly developing and enterprising.

I began studying yoga in 2005 and from 2005 to 2013, I met many schools of yoga, many yoga teachers.

They all helped me so much, they taught me to refine my knowledge of yoga in different aspects and helped me to grow from a yoga student into a yoga teacher.

I first heard about Anusara® yoga in 2012, but, at that moment, this strange name was ignored by me. Fortunately, in 2014, a friend's change, she was more upright and energetic than before, attracted me, and the schools I'd ignored the past two years, was now evident. What's more, her personality has changed from an introverted and cold one to a warm and tolerant one. I was really wondering what changed her, and here came the answer: she recommended Anusara yoga to me.

After that, I went straightforward from Anusara basic workshop to Immersions and Teacher Training, finally landing to the 300 hours of Advanced Teacher Training. Now I can't miss any Anusara workshop!

When I first started learning Anusara yoga, I was more concerned about the skill of alignment. Because I began yoga at the age of 34, and I had a stiff body, it was never easy for me to practice yoga. Anusara's Universal Principles of Alignment™ yields many techniques that are very effective in hip opening, back bending, and even in physiotherapy.

Obviously not only Anusara Yoga owns these skills.

Every teacher, in different styles, has his or her own skills, based on relevant anatomical theories, or on the teacher's own practice experience.

These skills are like stars in the sky, so numerous, and for students to learn these skills one by one is laborious and time-consuming.

Anusara Yoga combines the skills star by star in the five Universal Principles of Alignment and creates seven energy rings like a constellation.

If you master these signs, you will recognize every star in this constellation and it will be so simple!

The theoretical basis of the general order of the principles comes from human anatomy and biomechanics, and Anusara's systematic training covers these elements, enabling these theories to support and refine each other.

However, every Yoga system pay attention to the order of its own principles, but if the vision is mainly focused on this aspect, it only solves the problem of having a strong body.

At a certain point I began to think about my initial focus: why should I learn yoga? Is it difficult for me to cure myself or others? Am I trying to win people's praise for concave body shapes and take pictures and send them to social media? One can bend back and grab one's feet, but not necessarily solve the problem of communication between parents, children, couples or friends; one can easily be a monkey Hanuman but may feel inferior to someone; one may do handstands, but it is possible to socialize with others only through a continuous fight.

Yoga style does not really change a person and her/his personality.

When a person comes to yoga class and comes to yoga mat, what can he get? What happens to him when she/he leaves the yoga mat? What will happen to them? As I learned more, I found that the charm of Anusara was far more than just the practice of technique and the principles of alignment. Yoga was not just the practice of asanas.

The guiding role of Anusara's philosophy that is deeply interwoven into the practice makes this system unique. Anusara's philosophy is based on Tantra, which allows us to clear our vision and elevate our minds.

It was only when I learned the philosophy of Tantra that I realized the divinity in each of us, the manifestation of this divinity in the world or the hidden divinity that influences our lives and practices.

When I realized this, I knew the relationship between strong willpower and stability in practice, and in my daily life. As Anusara yoga teachers, we are here to inspire students to realize their own divinity, find their own good qualities, sincerely love themselves and the world, and constantly improve themselves to enjoy a harmonious relationship with the world.

When I began to teach having this in mind, a real change happened in my class. I don't compare with other teachers whose classes are more tired, whose exercises are more difficult, or even whose classes are more detailed. I asked my students to focus on every breath, on the connection between the feet and the earth, on the dialogue between the subconscious thoughts that float from their hearts and their subjective consciousness, on the calling of the divinity in their hearts and the

joy that arises when the light of the divinity illuminates the whole body and mind. I see tense faces relaxing in class, I see frowns stretching out, I see joy in them and this makes me confident and enthusiastic when I leave class. For me, the fascination of Anusara is to rediscover yoga, as a true discipline for mind and body, that awakens me from the stream of material interests, that frees myself from struggle, and that helps me discover the life and joy I really eager. This feeling is wonderful.

If I see my students more joyful and freer at the end of a class, I think I'm doing something very meaningful, and it's my joy.

我是LUCY，中文名字是鲁晓青。

我来自中国山东省的一个普通的城市：临沂。这是一个有着悠久的历史、同时又充满了现代感的、美丽的、不断发展和进取的小城市。

2005年机缘巧合我开始学习瑜伽。

从2005年到2013年，我接触到很多流派的瑜伽，结识了很多的瑜伽老师，他们给了我很多帮助，教我从各个角度去认识瑜伽，也让我从一个瑜伽小白成长为一名瑜伽老师。

2012年我知道了ANUSARA瑜伽，但是在那么多的瑜伽流派当中，这个陌生的名字被我忽略掉了。很幸运的是在2014年，一个朋友的改变吸引了我，两年不见的她从外观上改变很大，变得比之前挺拔有朝气。而且，她的性格也从之前的内向高冷变得热情宽容，我好奇是什么改变了她呢？她向我推荐了ANUSARA瑜伽。之后，我就一发不可收，从ANUSARA基础工作坊到深度A、B，再到教师A、B，然后是300小时的进阶培训。现在，只要有与ANUSARA有关的工作坊或者知名的ANUSARA老师的课，我几乎都会安排时间去参加学习。

刚开始学习ANUSARA瑜伽的时候，我是比较关注顺位方面的技巧。因为我是34岁才开始学习瑜伽，而且又是比较僵硬的身体，练习瑜伽对我来说一直都不是很轻松的事情。ANUSARA的通用顺位原则衍生出很多的技巧，在开髋、后弯、甚至在理疗方面都非常有效。这些技巧很实用，当我在课堂上教学的时候学生告诉我说喜欢我的课，因为在我的课堂上，她们学到一些技巧让她们的进步很大。

然而，不是只有ANUSARA瑜伽才有这些技巧，其他流派的每个老师都会有自己的技巧，有一些是基于一些相关的解剖学理论，还有一些是老师自己的练习经验。这些技巧就像是天上的繁星，多得数不清，对于学生来说一个技巧一个技巧地学是件很费力费时的事情。

ANUSAR瑜伽把那些像一颗颗的星星一样的技巧串起来，组成了像星座一样的五大通用顺位原则和七个能量环。掌握了这些星座，就会认得这个星座当中的每一个颗星星。在应用每个技巧的时候知道这个技巧是基于哪一个原则，它可以这样用，也可以那样用。通用顺位原则的理论基础来自人体解剖学和生物力学，ANUSARA的系统培训涵盖了这些内容，让这些理论相互支持和完善。

然而每个瑜伽体系和流派都讲究顺位原则的。如果眼光只盯在这方面，那么可能只会解决强壮肢体的问题。

我开始思考我的初心：我为什么要学习瑜伽？难道我是为了给自己或者别人治病吗？难道我是为了把身体凹成一个很牛的形状然后拍照片发到社交软件上赢得人们的点赞吗？

一个人能后弯到手抓到脚，但是不一定能解决亲子、夫妻或者朋友之间的沟通问题；一个人可以轻松做一个神猴哈努曼，却有可能自卑到不敢向暗恋的人表白；一个人可能会做起手倒立，但是有可能在一些社交中经常跟别人发生磨擦，也许会跟对方吵架甚至大打出手。瑜伽体式做得棒并不能真正改变一个人。当一个人来到瑜伽课堂，来到瑜伽垫上，究竟能得到什么？在他（她）离开瑜伽垫的时候，他会发生什么改变？会因为什么而发生改变？

随着学习的深入，我发现ANUSARA的魅力远不只练习技巧和顺位原则，瑜伽练习也绝非只是体式的练习。ANUSARA的哲学思想在练习中的指导地位使得这个体系与众不同。

ANUSARA的哲学是以谭崔（TANTRA）为基础的，它让我们了解自己的愿景，提升心智。当我学到谭崔（TANTRA）哲学的时候，我才认识到我们每个人身上所具有的神性，这些显现出来的或者是被隐藏了的神性，影响着我们的生活和练习。当我认识到这一点，我知道坚强的意志力与练习中的稳定之间的关系，就知道垫子上的意志力的练习又意味着什么，离开垫子走到生活中，那个被关注到的意志力又是怎么影响到在生活中遇到的问题。做为ANUSARA瑜伽老师，我们就是在课堂上

启发学生意识到自己的神性，发现自己那些美好的特质，由衷地爱着自己和这个世界，并且不断完善自己、奉献自己，享受与这个世界的和谐相处。

当我开始试着这样去上课的时候，我的课才有了真正的改变。我不跟其他老师比较谁的课更累，谁的课上练习的体式更难，甚至不去比较谁的课上讲得更细……我让学生关注到每一次呼吸，关注到脚与大地的连接；关注到每次内心浮起的潜意识的念头与自己主观意识之间的对话；关注到内心深处神性的召唤以及当神性的光芒照亮了整个身心时那种油然而生的喜乐；我看到学生的改变：我看到循序渐进到高峰体式时，那些勇敢和跃跃欲试；看到KULA的时候每一个认真而负责的拍档；我看到课堂上紧绷的面部表情放松下来，我看到紧皱的眉头舒展开来，我看到汗水流过那上扬的嘴角时的欢乐绽放；我看到他们离开课堂时的自信满满和热情洋溢。

ANUSARA的魅力对于我来说，就是让我重新认识了瑜伽，是真正的身心双修，让我从物欲利益的随波逐流中觉醒，从纠结挣扎中解脱，发现自己真正想要的人生和喜乐。这种感觉是自由的、美妙的。我把自己的感受放进课堂，也是希望我的学生受到启发，如果他（她）们也有类似的感受，我想我是在做非常有意义的事情，这又是我的喜乐。