

## Certification Process

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### **Become a certified Anusara teacher equals: Transformation**

To write this article I asked my son for help and, in return, he asked me questions that follows. Being interviewed by your child is an interesting experience.

*How have you changed from the begin of the process till now?*

I went through the process of the written exam full of enthusiasm. It was hard work as I was sat in front of my computer, surrounded by books and notes for hours and hours. But by the end I recognised that after all these years I have learnt quite a lot of "stuff". I added to that knowledge during the process, and also come to understand many things much better - proving that it wasn't so much a written exam but rather a lesson.

Then the video recording started. I planned my classes and begun recording the videos; as if by some metaphysical effect of having an observer present (Schrodingers yoga mat?) something always, always went wrong. I felt that none of the classes I recorded were good enough to send, but I was happy with the classes I didn't record. Ironically, I never actually watched the videos of the classes that were "not good enough" - what was the point? But eventually I noticed this pattern and decided to watch one of my videos immediately after giving the class. I thought it was absolutely awful. But I watched the same video three or four days later, and my reaction was a little bit kinder. 2 weeks after I could go so far as to say that it might even be a good class - once I forgot what I wanted it to be exactly and watch it from a different perspective.

I learnt to look for the good in my own teaching, to see how others might see it and to let go of what was missing in order to appreciate what was there.

Altogether, I learnt to trust what comes up in every class. As a result, I felt more confident, more grounded when I'm teaching, a lot happier with myself and learnt that we can always be happier no matter how happy we already are.

*Who influenced you throughout this journey?*

Many, many people have. One important person was Benita Wolfe Galvan who, after joining one of my class one evening, cracked open the possibility for me to become a Certified teacher. I always thought that that was an option only for a handful of teachers because you have to know "everything" about yoga.

But being Certified means there is more to learn.

I was supported by many friends including Silke Wilson and Tiffany Wood who one evening came along to one of my class and behaved like the model student (and giving me a precious and wise feedback).

And there have been many more from the Anusara community who have been very supportive, including Jayendra Hanley that led my first Anusara class many years ago. Most of all I was very lucky to receive the experience and guidance of my assessor, Jackie Prete. She always looked for the good in my teachings and made insightful suggestions - for which I am so grateful.

And last but not least, the lovely support of my family, friends and my wonderful students.

*What did you expect from the process? What surprised you?*

I decided to get into the certification process for two reasons:

First to inspire other teachers in the UK and in other parts of Europe to consider the possibility of becoming certified. "If I can do it, so can you."  
Second to learn more. I love learning - it is essential to my own enrichment and development, and, as any teacher knows, it is the key to becoming better at guiding your students.

But, at the end, the process took me to a self-inquiry place, where a lot of personal contemplation happened, so if you are looking for real transformation this is certainly one way to go.

As with any challenge worth pursuing, I had my moments where I questioned myself and felt frustrated - I wondered if I should stop here or if I should continue? But as it always is with doubt - when you don't know, it is your mind speaking.  
Because the heart always knows.

If you are in the process of becoming certified or thinking about it, I wish you a journey full of SatChidAnanda,

Namaste,  
Isabel



**Lian Yi**  
**Certified Anusara® yoga Teacher from China**

I am Lian Yi. I just passed Anusara Teacher Certification Process. After I have experienced the whole process of certification examination, I realized that these experiences have had a tremendous impact on my practice, teaching and even the future direction of my personal study.

First of all, an important message is: "the test is the best learning!", therefore, we should not refuse and fear examination under any circumstances. Only through examinations, we can test and consolidate the results of our study. At the same time, examinations are also breakthroughs and challenges for us. These are important to promote our personal growth and progress.

The second key point: without this process, it is difficult to standardize our habits; only through the polishing and standardization, we will be more precise in teaching with the standards, and only in this way our teaching can be easier and smoother. The process of examination is equivalent to combining what we have learned in a whole, that unify our teachings worldwide. Normally we may not be so rigorous in class, but the process of examination is in accordance with the prescribed procedures, each step is necessary to do; this process is the most important one in Anusara, because when we repeated classes' video recording, the impression will be deeper, and our mind is more and more clear about these patterns that define an Anusara Yoga class.

The third point is the preparation process of the exam that prompts our study more extensively and deeply. I have taken the initiative to carry out philosophical research to help me preparing in a more detailed way for the exam, and this research and exploration will affect my practice and life, improving both.

Certification exam is a motivation for us to be more advanced, and not only on the mat.

Finally, I want to share a sentence to all practitioners: "Every effort we make now is to create opportunities for more efforts in the future." May the road of progress be with you all!

我是连漪。刚刚通过1认证老师的考核。我自己在经历整个认证考试的过程后，这些经验和体会对我的练习、教学乃至将来的修习方向都发生了巨大影响；

首先：很重要的一条信息“考试的本身就是最好的学习！”因此无论在何种情况下不要拒绝和害怕考试，只有通过考试我们的学习的成果才能得到检验和巩固，同时考试也是对自我的突破和挑战，这些都是促进我们成长精进的重要方式。

第二个关键点：没有这个过程就很难规范自己的习惯；只有通过考试这个过程的打磨和规范，我们在教学上才会比较严格的去按照课堂的规范流程进行授课，也只有这样我们的课程流动才能也更容易顺畅。考试的过程相当于把我们学到的东西梳理了一遍，更严格的梳理了一遍；平时可能上课的时候没那么严谨，但是考试的过程还是尽量按照规定的程序，每一步都不少的去做；这个过程是最重要的，并且因为反复的录视频，印象就会得到加深，在之后上课的过程中，心里对这个模式是清楚的。

第三个重点，考试的准备过程促使我们更加广泛和深入的延展学习；在这次考试准备过程中为了准备课程，我会主动在哲学上展开研究，而这样的研究和探索又会影响到自己的练习和生活；这样的影响带动我的练习精进，这种精进状态也激发我对更加完美的练习的渴求；所以认证考试是一种激发我们更加精进的动力。

最后分享一句话给所有的练习者“我们现在的每一分努力都是为了将来可以更加努力而创造机会”。愿精进之路与大家同在！