

Anusara® School of Hatha Yoga Professional Development Continuum

General Overview of the Anusara Yoga Teacher's Path

ALREADY COMPLETED A non-ANUSARA TT? Fast track into our 300-hour program by enrolling in the Anusara Bridge Program or ask your Anusara teacher trainer about their program's prerequisites. 300-hour Anusara graduates can apply for Anusara-Inspired licensing. You may also begin with the 200-hour Anusara TT as shown here and follow the continuum.

