



The Art of Teaching Anusara Yoga: Online Teacher Development and Mentoring Program with Christina Sell July 1-October 31, 2010

This 16-week Mentoring Program is designed to take the experienced Anusara Yoga student deeper into the art of teaching Anusara Yoga and prepare them to apply the principles of teaching Anusara Yoga to their unique teaching circumstances. Special attention will be spent on preparing videos for both the Anusara and Anusara-Inspired assessment processes.

This unique class will meet online in a virtual classroom. Each week- ten days Christina Sell will post a lesson online with video clips and suggested teaching drills designed to bring teaching theory to life. Students will be invited to post their thoughts, comments, concerns and teaching challenges online, giving them a chance to clarify their own process, to receive feedback and assistance from the group and to assist Christina in preparing lessons and assignments that are as relevant and personalized as possible. Students will receive homework and reading assignments designed to enhance the “classroom” work. There will be 12 lessons total.

General Topics will include:

- **Developing Heart-based themes**
- **Honing Articulation Skills**
- **Developing Sequences for introducing the Universal Principles of Alignment**
- **Sequencing Strategies for teaching Beginning, Mixed-Level and Advanced Classes**
- **Observation Skills and creative methods for teaching to what you see**
- **Making effective verbal adjustments**
- **Preparing videos for assessment and navigating the assessment process**

Prerequisites:

- **108- hour Anusara Yoga Immersion**
- **30-hour Anusara Yoga Level 1 Teacher Training**
- **Must be teaching one asana class weekly**

Tuition: \$500

To Apply: Fill out the attached application form and email it to Christina Sell at christinasell108@gmail.com. She will notify you directly of your acceptance into the program at which point you can register by sending payment to her at 2805 Sissinghurst Drive, Austin, TX 78745.

Application

Name:

Address:

Phone:

Email:

Prerequisites. Please check all that apply:

___ I have completed 108 Immersion Hours

___ I have completed an Anusara Yoga Level 1 Teacher Training

___ I am currently teaching at least one public class each week.

___ I am sincerely interested in pursuing certification in Anusara Yoga.

Write a short paragraph explaining why you would like to participate in this training.

What are your three main strengths as a yoga practitioner?

What is your main weakness as a practitioner?

What are your three greatest strengths as a yoga teacher?

What is your primary weakness as a yoga teacher?

What positive contribution will you make to this training?

What do you hope to gain by participating in this training?