

# Anusara Yoga® 50 hour Teacher Training: Share What You Love

with Noah Mazé & Tony Giuliano

October 15 - 21, 2011

9.30pm - 1.30pm and 3.00pm - 6.00pm daily

Are you called to the path of teaching, to the path of service? Would you like to share what you love? Do you want to take your teaching and practice to new levels? Don't miss this rare opportunity to work with Tony AND Noah for seven days of focused training. Dive into sharing what you love in an intimate and potent group setting with two skilled and compassionate teacher trainers, known for their deep passion for practice, precision and playful clarity of teaching. This 50 hour teacher training intensive will provide you with the tools and guidance to be a skillful teacher of Anusara Yoga\*, and will be focused on learning and refining the central elements necessary for teaching inspiring and effective public classes.

Pre-requisite: completion of any 100-Hour Anusara Immersion program.

\*This 50 hour training fulfills the teacher training requirement aspect of becoming a licensed Anusara Inspired Teacher.

Teacher Training Curriculum Includes:

- Articulation skills and teaching techniques;
- How to hold the Seat of the Teacher with confidence;
- Ethics of the Seat of the Teacher;
- Constructing authentic heart based themes;
- Skillful class openings and closings;
- Progressive teaching of asanas;
- Teaching the Universal Principles of Alignment™ to a variety of levels;
- Sequencing strategies for Universal Principles of Alignment™;
- Sequencing strategies for peak poses;
- Observation skills;
- Making effective and verbal hands-on adjustments;
- Therapeutic applications of UPAs
- Effective demonstrations
- Creative solutions for mixed level and special populations

Cost: \$785 on or before 9/28, \$850 commencing 9/29

To register, please call 310-395-0600 or email [yogagrant@yahoo.com](mailto:yogagrant@yahoo.com)

THE YOGA  
COLLECTIVE  
Community Consciousness

The Yoga Collective  
[www.theyogacollective.com](http://www.theyogacollective.com)  
1408 3rd Street Promenade, 3rd Floor,  
Santa Monica, CA 90401



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Noah grew up steeped in the yoga tradition and its practices. Noah began studying with Anusara founder, John Friend in 1995 and not long thereafter also became a devoted student of Tantric scholar, Dr. Douglas Brooks. Widely sought out as a teacher's teacher, Noah is one of only twelve individuals worldwide serving on the Anusara® Yoga Curriculum Committee. He also sits on Anusara® Yoga's Certification Assessment Committee.

[www.noahmazeyoga.com](http://www.noahmazeyoga.com)



Tony's joy for yoga and teaching is his life's passion. He has been studying Anusara® since 2001 and over the last decade has studied for hundreds of hours with Anusara founder John Friend. In addition, he has studied for years with the incredibly gifted philosophy teachers Douglas Brooks and Paul Muller Ortega and he weaves these deep teachings into his uplifting classes.

[www.yogaattheraven.com](http://www.yogaattheraven.com)