

# Carolina Yoga Teacher Training 2011

Designed for the yoga student who has successfully completed an Anusara Immersion program and is ready to become a teacher. This training encompasses the art of practicing and teaching the components of a well-rounded yoga class including the full spectrum of poses and their alignments, yoga philosophy, meditation & pranayama techniques and more. Our teacher training program provides a solid foundation to begin teaching or deepen your skills as a teacher, and is a registered Yoga Alliance school. To apply for the teacher training, you must successfully complete an Anusara Immersion program and have a written recommendation from a certified Anusara Yoga teacher. The current regional Immersion programs start in September 2010. Check the websites listed below for details.

## LEARN HOW TO:

- Teach a class skillfully from beginning to end
- Create meaningful themes and integrate them into your teaching
- Plan an effective 8-week curriculum for beginning students
- Develop keen observation skills
- Give effective verbal and physical adjustments
- Break poses down and give clear demonstrations
- Help your students with yoga therapy techniques

**June 24-26**  
**July 15-17**  
**August 12-14**  
**September 23-25**

## Approximate Hours:

**Fridays - 9:00-12:30 and 1:30 - 5:30**

**Saturdays 8-12:30 and 1:30 - 6:00**

**Sundays 8-12:30 and 1:30-5:30**

**Cost: \$2000**

**To apply for the training, you must have successfully completed a full immersion.** Application and payment options are available at any of these websites [www.sangati.net](http://www.sangati.net), [www.thebindu.com](http://www.thebindu.com) or [www.cityyogasc.com](http://www.cityyogasc.com).

**Location: the Bindu**  
**11138-C Treynorth Drive**  
**Cornelius, NC 28031**

Sarah Faircloth, Kelley Gardner, and Stacey Millner-Collins are a trio of inspiring certified Anusara® Yoga teachers in the Carolinas. With over 40 years of teaching experience between them, they are knowledgeable, fun and beautifully integrated in their understandings. Sarah and Stacey are both on the Anusara Yoga Certification Committee, and Kelley Gardner is on the Anusara Yoga Mentoring Committee. Each teacher runs a yoga studio.

