

# Anusara Yoga Progressive Teaching Intensive

With Betsey Downing

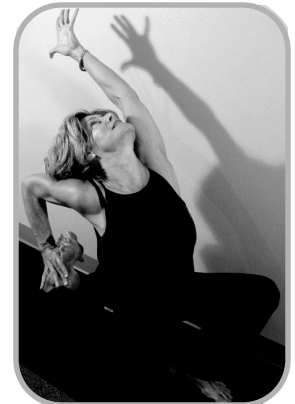
August 6-8, 2010

This training will refine your teaching to shift you to the next level of clarity, as you learn to be more precise, succinct, and deliberate in your teaching ... all the while inspiring your students to connect with the essence of the practice and express their poses from the inside out!

**This workshop is an opportunity to focus on these skills:**

- analyzing intermediate/advanced pinnacle poses to understand their components
- determining an important action for each pinnacle, to make the pose more accessible or more refined
- choosing a heart quality to be embodied in the action and learn the art of weaving it into your pose instructions
- strategizing on how to teaching beginners

**Betsey will inspire your inner teacher to shine!**



Betsey Downing, Ph.D.  
E-RYT500  
Certified Anusara Yoga  
Instructor  
Director, Garden of the  
Heart Yoga Center

**Training hours**

Friday 6:00pm-9:00pm

Saturday 12:30pm-6:30 pm

Sunday 11:00am-3:45 pm

Tuition: \$285

Early registration (paid by 07/19/10): \$247

**Signup online at [www.yoga1.net](http://www.yoga1.net) or  
call (954) 929-YOGA (9642)**

Anusara Yoga, *Flowing with Grace*, is a sophisticated, elegant, heart-oriented system of yoga based on sound biomechanics and life-celebrating Tantric philosophy. It weaves together all aspects of yoga into a unified whole that celebrates the heart and honors the body. Developed by John Friend, Anusara Yoga emphasizes Universal Principles of Alignment to ensure safety in the poses and to create balance in the body and mind.

"Betsey is a brilliant teacher, uplifting in her presence and instruction, and soulful-teaching from a deep well of wisdom and practical knowledge. Studying with her is a joyful experience of awakening you to your own inner power and sacredness of life."

-quote from student

**Prerequisites for Participation**

- 75+ hours of Anusara Yoga study
- Regular yoga practice at least 4x per week
- Minimum of 1 year experience teaching yoga
- Desire to help students grow and unfold their potential through yoga

yogaone

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