

2012 Anusara Yoga Teacher Training Program

Taught by Certified Anusara Instructor,
Geri Portnoy and Paisley Close

PHASE ONE – Cultivating Studentship: Immerse yourself in Anusara® Yoga

Our Anusara Yoga Immersion Program offers a comprehensive curriculum in three parts totaling 108 hours and is the prerequisite for the Phase 2 – 100 hour Anusara Yoga Teacher Training. The curriculum systematically covers an in depth study of asana, the Universal Principles of Alignment™, philosophy, functional anatomy, therapeutics, pranayama, & meditation. Each module of the Immersion is progressive and takes the students deeper and into more refinement of the Anusara principles.

Immersion I – Setting the Foundation (36 hours)
March 17/18 · March 31/April 1 · April 21/22

Immersion II – Expanding the Foundation (36 hours)
May 12/13 · June 9/10 · June 23/24

Immersion III – Radically Expanded (36 hours)
July 14/15 · August 4/5 · August 25/26

Cost: \$695/immersion (\$750 after March 1, 2012)

Yoga Immersion I, 2 & 3 \$1950
(\$2050 after March 1, 2012)

Payment Plan Available. All hours count toward
Anusara Yoga certification.



Sign-up online at
www.yogadelmar.com or
call 858.720.0076

2652 Del Mar Heights Road · Del Mar, CA 92014
858.720.0076 · www.yogadelmar.com



GERI PORTNOY is the founder of Yoga Del Mar. She holds a Master's degree in International Peace Studies from the University of Notre Dame, is a Certified Anusara® Yoga Teacher at the E-RYT 500 hour level. She is an articulate, compassionate, dedicated yoga teacher who creates a sacred space for the beautiful expansion and powerful development of her students.



PAISLEY CLOSE is an Inspired Anusara® Yoga Teacher who cultivates dramatic deepening and transformation in all of her students. She creates an environment of safety and encouragement and, as a result, her students often walk away from her classes amazed at what they have accomplished. Paisley is in the final stages of full certification with Anusara yoga and is an E-RYT 200 hour teacher.

PHASE TWO – The Creative Art of Teaching

Prerequisite: Completion of Immersions I, 2, and 3

Anusara Yoga has one of the highest standards for teacher training in the world. Teaching yoga is both an art and a science. The emphasis of this program is learning to teach yoga in the Anusara method, which includes heart-oriented languaging, heart-based theming, and Universal Principles of Alignment. This is a comprehensive training for students and teachers who wish to master the skills necessary to become a powerful, effective, uplifting yoga teacher.

Level 1 Teacher Training – Taking the Seat of the Teacher (50 hours)

Sept. 29/30 · Oct. 20/21 · Nov. 17/18 · Dec. 1/2
Prerequisites: Participants must have completed 108 hours of Anusara® Immersion studies with a certified Anusara yoga teacher.

Level 2 Teacher Training – Expanding the Teacher Within (50 hours)

Jan. 12/13 and 26/27, 2013 · Feb 9/10 and 23/24, 2013
Prerequisites: Participants must have completed a Level 1 Teacher Training with a certified Anusara yoga teacher.

Teacher Training \$900/each level
(\$950 after September 14, 2012)

Teacher Training Level 1 & 2 \$1,700
(\$1,800 after September 14, 2012)

\$3,150 Teacher Trainings and Immersions
(\$3,300 after March 1, 2012)