



Ananda Institute of Living Yoga

“Where Yoga Comes to Life”

ANANDA YOGA TEACHER TRAINING

INFORMATION FOR PROSPECTIVE APPLICANTS

2016 – 2017

WHAT IS ANANDA YOGA?

Ananda Yoga provides all the physical and mental benefits for which hatha yoga is generally known:

- Tones and stretches the muscles, building strength and flexibility
- Promotes cardiovascular health and emotional well-being by providing stress relief
- Stimulates and invigorates internal organs, thus encouraging the body to heal itself
- Improves concentration and focus by increasing mental clarity

But Ananda Yoga offers much more than physical benefits. By working sensitively with body and breath, but without using force, we discover that the practice of the yoga postures (*asanas*) stimulates awareness of, and the ability to control, our vital Life Force (*prana*). The result is a greater sense of ease, well-being, connectedness, vitality and inner joy that work their way into our daily lives. Thus, yoga transcends the classroom and becomes a way of living.

This awakening of the subtle Life Force is the higher purpose of Ananda Yoga and of hatha yoga, classically. Rather than focusing only on the physical energy, Ananda Yoga uses physical energy as a pathway inward, to awareness and control of prana. Control of prana is the source and the essence of health and well-being, and is also the outward manifestation of our higher, spiritual nature. A yoga posture (*asana*) stimulates prana to move outward along certain pathways from its source in the spine. By deep focus on this movement of prana within the body, it is possible to then withdraw it back into and up the spine to the pre-frontal area of the brain (the point between the eyebrows) which is recognized both scientifically and in the yoga teachings since ancient times as the seat of higher, human functioning. Adding this inward and upward flow of energy to the practice of the postures enables you to experience the higher state of awareness that is the true purpose of each asana.

Ananda Yoga uses several techniques to aid in the inward and upward flow of energy:

- Focus on the release of stored energies in the body commonly known as “tension”
- Continuous awareness of the connection between movement and breath, between breath and energy, and consciously powering each movement with the breath
- Specific sequencing of asanas to first *open* the energy channels, then *awaken* the energy flow, draw the energy *inward* and finally move it *upward*
- Inward relaxation in the midst of outward effort
- Awareness of the subtle spinal centers (*chakras*) which serve as doorways for drawing prana in and up the spine
- Use of affirmations with asanas, which attune you deeply to the specific quality of consciousness behind the energy flows awakened by the asana
- Neutral poses after each asana to assimilate effects of the asana
- Energization Exercises, a unique system of tension exercises based on conscious use of will to energize and rejuvenate every part of the body

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Practiced this way, every hatha yoga technique – asanas, *pranayama* (control of prana), *mudras* (bodily symbols or attitudes) and *bandhas* (locks) – becomes a meditation in movement. Practicing an asana with this level of intention and mindfulness requires both an inward poise and outward strength. Mere physical strength is but brute force. Real strength is the ability to calmly and efficiently concentrate energy and will power upon the asana, without unnecessarily engaging muscles or strength not needed for the task at hand. This concept of “relaxation in the midst of effort” vastly enhances the physical benefits of hatha yoga practice.

WHO SHOULD ATTEND?

Ananda Yoga Teacher Training (AYTT) is meant for anyone who wants to teach yoga or deepen his or her existing practice, or both. AYTT is a transformative experience. For those willing to concentrate deeply on their personal practices and to commit to the intensive study, the fruits are boundless. If you have yet to experience Ananda Yoga and would like to take a class, or, if you have any questions about your personal practice or how this program can serve you, please contact the Co-Director of Yoga Training, Michelle Marshall, 425-806-3700.

CURRICULUM

The AYTT curriculum covers a wide range of topics. The following is a brief description of each of the major areas:

ASANA TECHNIQUES

We will deeply explore all the major asanas including: standing poses, forward bends, balance poses, backward bends, side bends, twists, core strengthening poses, inversions, seated and meditative poses. We will also experience *Surya Namaskar* (Sun Salutations). For each pose, we will discuss alignment, safety, use of breath, beginner and advanced variations, benefits and contraindications.

TEACHING TECHNIQUES

An effective yoga teacher needs both awareness and knowledge. Awareness comes from intent, focus and experience. At the AYTT, we cover the knowledge part by teaching several techniques including:

- **Modifications:** each human being is unique, so it is only natural that an asana has different expressions depending on who is doing it. We will explore the different ways of modifying an asana to suit different body conditions and health conditions.
- **Use of props** such as blocks, blankets, belts, etc., to enable a deeper practice for students with bodily limitations
- **Sequencing** is an important topic. Do I do forward bends first or backward bends? When do I do inversions? We will discuss the basic principles behind sequencing different types of asanas.
- **Warm-ups:** many yoga injuries are a result of not warming up prior to practice. When used properly, warm-ups not only prevent injuries, but also deepen the *sadhana* (spiritual practice). For example, backbends are more effective if hip-flexors are warmed up while forward bends are more effective if spinal erectors are warmed up. We will cover these topics in detail.
- **Use of affirmations:** a unique aspect of Ananda Yoga is the use of affirmations. We will explore the art, science and practice of affirmations. A complete list of the asanas taught along with their affirmations is at the end of this document.

INNER EXPERIENCE OF ASANAS

“Mind over body” is well known; however “body over mind” is equally true. Specifically, a bodily position engenders a corresponding state of consciousness. Thus we feel uplifted simply by making the spine straight; by the same token, the mind cannot help but feel heavy when the shoulders and back are slumped. This simple observation is the basis for all asanas – the postures uplift our level of consciousness. This upward movement of prana is the primary reason for the great healing power of yoga. When practiced properly, the body naturally assumes the pose using its innate intelligence. Ultimately, the job of a yoga instructor is to teach the art and science of how to achieve this inner experience.

We will discuss the principles of energy movement in the body, and the state of consciousness -- joy, peace, strength, etc. -- fostered by an asana. We will introduce many techniques, affirmations, breathing, neutral poses, etc., whereby students can have this experience.

ASSISTING AND ADJUSTING

Yoga is a subtle practice. Thus there is frequent need to “fine-tune” an expression of an asana by adjusting. We will teach the general concepts behind adjustments and also discuss adjustments specific to each asana.

As a teacher, you also find situations where a little help in the form of a physical cue or support can greatly help a student go deeper into a pose. Depending on the asana and the physical condition of the student, there are different approaches to assisting. This is an important tool in any yoga teacher’s repertoire.

PRANAYAMA, BANDHAS AND MUDRAS

In addition to asanas (physical postures), hatha yoga has 3 other equally important aspects which we will explore in some detail:

- **Pranayama**, which literally means “life force control”, is a set of breathing techniques that are very effective for maintaining good health. They are also the gateway to deeper experience of asana, specifically its energetic effects, leading us to the higher stages of yoga.
- **Mudras**: once you have some ability to control the subtle life force, *mudras* (meaning bodily attitudes) can be used to direct the life force in a specific direction. Mudras are like a catalyst, enhancing and deepening the effects of an asana.
- **Bandhas** are used to lock (the word *bandha* means “to lock”) the prana in a specific location, typically at one of the *chakras* (energy centers). AYT teaches the three main bandhas: *moola bandha* (root lock), *uddiyana bandha* (meaning to rise or fly up) and *jalandhara bandha* (a lock of the energy channels of the throat).

ANATOMY AND PHYSIOLOGY

Knowledge of the physical body is essential for a deep understanding of Yoga and is even more important for teaching it safely and effectively. We will discuss the skeletal structure, joints and muscles; understand how the body moves from the perspective of muscular action and joint mobility. We will also discuss circulatory, respiratory, digestive, elimination, endocrine, nervous, and immune systems.

At AYT, we approach anatomy not merely as a corpus of knowledge to be accessed intellectually, but as practical, experiential, living science *with immediate applicability to the practice of yoga*. For example, the spine is the central post around which the limbs move; using the fundamentals of anatomy we will discuss spinal alignment and proper

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articulation at the joints to ensure safe expressions of complex poses such as *Trikonasana* (Triangle pose). The classes are profound for both the newcomer to anatomy and those already possessing a working knowledge.

ENERGIZATION EXERCISES

This set of 39 exercises is a scientific, systematic method for increasing the flow of prana and strengthening and energizing every part of the body. Unique to Ananda Yoga, they were developed by Paramhansa Yogananda whose teachings are practiced at Ananda. They are used to heal the body, clarify and focus the mind and prepare you for meditation.

TEACHING PRACTICUM

Practice makes perfect. In the context of AYTT, “practice” means teaching, assisting, and adjusting. We augment the comprehensive curriculum described above with teaching sessions where you will have the opportunity to practice the techniques that you have learned. Practical sessions begin early on and occur periodically throughout the duration of the course.

AYURVEDA

Ayurveda (literally, “scripture of [achieving] longevity”) is a holistic system of health-care based on yogic principles and herbal remedies. Ayurveda is a large subject meriting separate study; at AYTT, we will touch upon Ayurvedic principles as they apply to asana practice and diet.

To integrate the Ayurvedic principles of diet and to join together in a retreat-like environment, a rotation of students will assist in the preparation of Saturday lunches. In this way we will enjoy a warm and nutritious meal while enjoying satsang (good company) with each another.

YOGA FOR SPECIAL CONDITIONS

Two specialty classes will be offered: Yoga and Pregnancy and Chair Yoga. The specialty populations that could benefit from an Ananda Yoga practice are limitless, however. You will leave the program with the tools to customize yoga for various other populations and areas of healing and wholeness.

RAJA YOGA, YOGA PHILOSOPHY AND ASTRAL ANATOMY

Classically, *Raja Yoga* (Royal Yoga) is considered the *supreme* path with meditation as its central “yoga”; all other branches and practices of yoga are simply preparations or support for this central practice. We will explore the history and paths of yoga, *Patanjali’s Ashtanga Yoga* (8-limbed yoga of the sage Patanjali), basics of *Yama* (literally means “control”, refers to moral restraints) and *Niyama* (literally means “rules”, refers to practices or observances), the importance of a *Guru* (teacher), and the Yogic scheme of life.

We will also discuss basics of energy (prana), magnetism, and the use of affirmations, chanting, *mantra* (special chants imbued with deep vibrational power) and *japa* (repetition of the name of the Divine).

Just as there is physical anatomy – muscles, nerves, organs, circulation, etc. – there is also an energetic or astral anatomy. Astral anatomy is concerned with the movement of prana within our energetic body. We will discuss *nadis* (energy pathways), chakras and their relationship to asana, pranayama, mudras and bandhas. Underlying our discussion is the theme of viewing spiritual development itself as a gradual movement of prana from the lower to the upper chakras.

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We will conclude our discussion of Raja Yoga/Yoga Philosophy with a brief introduction to two classics in the field of Yoga: the *Bhagavad Gita*, which is a transcendental scripture on Raja Yoga among other things, and *Autobiography of a Yogi*, Swami Yogananda's autobiography, considered one of the greatest pieces of esoteric literature.

SCHEDULE

The training program is comprised of the following:

- **Weekend Program** (see schedule below)
- **Raja & Hatha Intensive** (read below for details)
- **Sadhana Practicum** (read below for details)

WEEKEND PROGRAM*

Sept 9-11
Sept 23-25
Oct 7-9 (Weekend Retreat**)
Oct 21-23
Nov 4-6
Nov 19 (Saturday only)
Dec 9-11
Jan 7 (Sat only)
Jan 20-22
Feb 3-5
Feb 17-19 (Graduation)

Full Weekend timings:

Friday, 7:00 – 9:30 p.m.
Saturday, 9:00 a.m. – 6 p.m.
Sunday, 1 – 5:30 p.m.

Saturday-only timings:

9:00 a.m. – 6 p.m.

Arrive 15 minutes early to arrange your station and to center yourself for class.

*There will also be a mid-program interview that will be individually scheduled with each student during the month of December.

****Weekend Retreat:** During this weekend, we take a retreat (location to be announced at the start of the program, but plan on upto 2 hours of travel). Away from distractions of normal life, the retreat enables us to dive deep into asana practice, meditation, astral anatomy, and restorative yoga. Retreat starts at 2 PM on Friday and end at 4 PM Sunday. Please plan to arrive at least 1.5 hours prior, so you will have time to settle in.

SAMPLE WEEKEND SCHEDULE

FRIDAY

7:00 – 9:20 Targeting Warmups for Asana Practice
9:20 – 9:30 Reading: Autobiography of a Yogi; Meditation

SATURDAY

9:00 – 10:15 Asana Class
10:15 – 10:30 BREAK
10:30 – 1:00 Forward Bends I

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| | |
|--------------|------------------------------------|
| 12:30 – 1:30 | LUNCH |
| 1:30 – 3:20 | How to Teach Ananda Yoga |
| 3:20 – 3:30 | BREAK |
| 3:30 – 5:50 | Backward Bends I |
| 5:50 – 6:00 | Reading: Bhagavad Gita; Meditation |

SUNDAY

| | |
|-------------|---|
| 1:00 – 3:20 | Anatomy of the Spine |
| 3:20 – 3:30 | BREAK |
| 3:30 – 5:20 | Practice Teaching |
| 5:20 – 5:30 | Reading: Weekly Affirmation; Meditation |

RAJA & HATHA INTENSIVE

The Raja & Hatha intensive is an integral part of the AYTT curriculum and is offered outside of the weekend program. Because it is offered two times per year in each of two locations there is flexibility as to when you participate. But there are some additional considerations. This class lays the foundation out of which the entire AYTT program is based. To have a solid foundation from which to build, **you should plan to take Raja intensive in the spring session preceding the AYTT program or the autumn session running concurrently with your AYTT program**. Choosing the former lessens your workload during the first half of the training. The latter option is more immersive.

Please speak to the Director of Yoga Teacher Training for assistance in making the choice that will serve you best. For class locations and times please refer to the Ananda Magazine or website for a current listing.

<http://anandawashington.org/classes/raja/>

SADHANA PRACTICUM

Sadhana Practicum will support your personal and spiritual growth and development both as student and as a teacher. The Practicum officially begins with the start of the program. However, as soon as you are accepted into the program you may begin working with a Yoga Teacher Trainer on this part of the program.

The Sadhana Practicum offers you the opportunity to work one-on-one with a Yoga Teacher Trainer to implement an action plan for your at-home asana and meditation practices, and ongoing asana study. The goal is for you to both enter and graduate from the program with confidence in your spiritual practices. "While the AYTT offers you the philosophy and techniques by which you will lead others in the practice of yoga, your direct experience through a strong personal practice will be the foundation of your teaching."

As part of the practicum each student is required to attend a minimum of 12 Ananda Yoga Classes during the course of the program to qualify for graduation. We encourage you to sample the classes of at least three Ananda Yoga teachers and to share your experience and observations. There is no additional fee for these classes.

ADMISSION REQUIREMENTS

AYTT is open to the public and may be taken by anyone interested in teaching Ananda Yoga or deepening their personal yoga practice. However, because of the nature of AYTT, some additional criteria are considered to determine the feasibility of the student's participation:

- **Overall health:** AYTT requires consistent physical effort over a period of several months. We will accommodate special physical conditions whenever circumstances permit and so long as the overall safety of the student is not in jeopardy.

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- **Background and intention:** A consistent personal asana practice is a pre-requisite and personal meditation practice is a plus. Above all, the desire to learn and an open mind are most important.
- **Personal Practices:** To receive the maximum benefit from the program, attendees are asked to have a consistent personal asana practice for at least 6 months. A “consistent practice” means a practice spanning at least 4 days/week (more is even better). Your practice should focus on the set of asanas listed at the end of this document. These asanas form the basis of the training. The deeper your understanding of these asanas prior to the program (alignment, energetics, inner awareness, etc.), the more you will take away from the program.

It is recommended that you attend at least one Ananda Yoga class per week prior to the commencement of the training as well as during the program to assist you in your exploration of these asanas. Working over time with a teacher will support you in a way that working (practicing) alone simply cannot. Early enrollees into the Ananda Yoga Teacher Training (AYTT) have the added benefit of starting the Sadhana Practicum (see page 6) immediately.

Meditation is an integral part of Ananda Yoga. While it is not required that you have a regular meditation practice before taking AYTT, such a practice will vastly deepen your experience of the program. Regular meditation is included in the course, so chances are that you will have a consistent meditation practice at the end of the program anyway!

- **Time commitment:** AYTT is sensitive to the timing constraints of people with full time jobs. At the same time, it also requires consistent effort over a period of 6 months. Prospective students are encouraged to study the dates and program hours to understand the time commitment required by the course.
- **Completed application form:** A written application form should be submitted as early as possible and prior to the commencement of classes (early September). Upon receipt of application you will be contacted to schedule a meeting with the Director of Yoga Teacher Training. Class size is limited. Early registration is encouraged.

APPLICATION DUE DATE

Applications will be accepted up to the start of the program. However, applicants are encouraged to apply early to secure their spot in the program (program size is limited) and in order to begin preparatory studies. Upon receipt of your application we will review it and contact you to schedule an interview.

FEES AND PROGRAM COSTS

- Non-refundable application fee \$50 (waived if you have already paid the fee for Institute Registration)
- Raja & Hatha Intensive (see details above) \$485¹
- Weekend Program: \$2995
 - Includes:
 - Tuition
 - Weekend Retreat (lodging and meals). Student provides own transportation and costs of ferry (ride-sharing suggested). Retreat will be held on Whidbey Island.
 - Saturday Lunches (excluding a one-time cost of purchasing fresh produce). As part of the program students learn to cook a delicious Ayurvedic meal. Teams of 2-3 students take turns arriving early to assist in meal preparation.
 - AYTT Training Kit*
 - Ananda Yoga Teacher Training Manual

¹ This fee (\$485) combines the normal Raja tuition of \$440 with the Institute documentation fee of \$45.

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- Supplemental handouts
 - Strap with buckle
 - (2) Large Foam Blocks (24"x12"x2")
 - Asana Flash Cards
- *Unless otherwise arranged, you will pick up your training kit on the first day of class.
- Private guidance with a Yoga Teacher Trainer
- An initial meeting will be arranged prior to the start of the program to discuss your personal practices (sadhana) and to provide you with any guidance you might need in order that you may begin the program with confidence in your own practices. Follow up meetings can be arranged to provide further support.
- A mid-program meeting will be scheduled with each student.
- Cost of text-books. Students are responsible for the purchase of their texts. See required texts under the heading "Books and Materials".

PAYMENT AND INSTALLMENT OPTIONS

- \$50.00 Application Fee is due at the time of application submission (unless you qualify for the waiver, see above).
 - There are two payment options for the program fee:
 - Paid in full by Sept 9, 2016
 - Pay in two equal installments: first installment is due on or before Sept 9, 2016 and the second installment is due on or before November 19, 2016 (halfway through the course).
- There is a 2.5% service fee when paying in installments.
- To create the most dynamic and supportive training experience enrollment is limited to 20 students. **Once accepted into the program a deposit of \$500 will secure your place in the Yoga Teacher Training.**

REFUND POLICY

The tuition fees (due Sept 11th 2015) is refundable in full (excluding a \$150.00 Administrative fee) if withdrawn prior to commencement of class. It is non-refundable after the second class.

BOOKS, YOGA SUPPLIES & MATERIALS

BOOKS

We will provide you with a comprehensive manual and handouts which will cover all asanas and pranayama techniques that are studied in the course. In addition, the following books are required:

- Autobiography of a Yogi, Paramhansa Yogananda
- Art and Science of Raja Yoga, by Swami Kriyananda
- Energization Exercises (Poster and Booklet)
- Anatomy and Asana: Preventing Yoga Injuries by Susi Hatley Aldous
- The Anatomy Coloring Book by Wynn Kapit/Lawrence M. Elson

The following books are optional:

- Spiritual Yoga, by Gyandev McChord.
- Meditation for Starters, by Swami Kriyananda (great resource for teachers who lead meditations)
- The Essence of the Bhagavad Gita, by Swami Kriyananda

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- Key Muscles of Hatha Yoga, by Ray Long

YOGA SUPPLIES & MATERIALS

- Training Kit (included in your program fee)
- Mat
- Blanket (yoga blanket – wool or cotton)
- 4” block
- Notebook or paper for taking notes as well as a pen or pencil.
- A set of colored pencils with a minimum of 10 colors including grey and black. The more colors the greater the fun! Try to purchase the pencils at a place where you can purchase them individually. Any art supply store will sell individual pencils.

CERTIFICATION

A successful completion of AYTT entitles the student to be certified as Ananda Yoga Teacher Level 1. This automatically entitles you to register with the Yoga Alliance as a “Registered Yoga Teacher” at the 200 hour level (or simply, RYT 200). See “Frequently Asked Questions” below for an explanation of what this means. Simply put, you will become a “card carrying” yoga teacher and can start teaching yoga (Yes, there is an actual card stating this when you register with the Yoga Alliance!). To receive certification you must:

- Participate fully in all classes. Due to the nature of the program we encourage 100% attendance from the students. Due to illness or other life emergency a student may miss up to 8 hours of class. Student is responsible for all material missed. Missed classes exceeding 8 hours can be made up in a future YTT program.
- Satisfactorily complete all reading and writing assignments.
- Demonstrate a clear understanding of the asanas as reflected through your own practice. This includes but is not limited to proper alignment and energetics as well as safety precautions as appropriate for each individual. Evaluation Method:
 - Mid-program evaluations are offered each student with suggested refinements to their asana practice. Students needing additional assistance in the practice of the asanas will be asked to attend additional classes to receive focused guidance.
- Receive 80% or higher as a passing grade on all quizzes and exams.
- Receive a passing grade (pass/fail basis) on the mid-term research project.
- Demonstrate skills and attitudes of an Ananda Yoga Teacher. This includes satisfactory performance in the student teaching sessions.
- Agree to follow the Ananda Yoga Teacher Code of Ethics (These are simple, common-sense guidelines, a copy of which will be given to you as part of the course material)

A mid-program oral interview is conducted with each student to assess the student’s current standing and address any issues of concern.

FREQUENTLY ASKED QUESTIONS

Q: What is Yoga Alliance and how does Ananda Yoga Teacher Training relate to it?

A: Yoga Alliance is a diverse group of yoga schools and teachers that has established voluntary national standards for yoga teacher training. Ananda helped found Yoga Alliance, and has been involved in developing these standards. Gyandev McCord, Director of Ananda Yoga Worldwide, was a co-founder and a former director of Yoga Alliance.

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Yoga Alliance defines two levels of yoga teachers: Level 1, who should complete 200 hours of training at a registered yoga school; and Level 2, who should complete 500 hours of training. The Ananda Yoga Teacher Training is a Registered Yoga School at the 200 level. The program not only meets but surpasses the Yoga Alliance requirements for 200 level teachers.

Q: Can I teach as soon as I graduate from the program?

A: Yes. In AYTT, you will learn all of the common asanas and pranayama techniques, as well as how to combine these techniques into a safe, effective, and enjoyable yoga class for beginning students. All graduates of AYTT will be able to register as a RYT 200 (Registered Yoga Teacher at 200 level) with the Yoga Alliance.

Q: I don't want to be a teacher, but I want to learn more about yoga philosophy, asanas and related topics to deepen my practice. Is AYTT for me?

A: Yes! A yoga teacher is first and foremost a student with a deep yoga practice. You will learn various topics in yoga philosophy; you will also learn the subtleties of all the common asanas, pranayama and even some mudras and bandhas. With the knowledge of energy flow, sequencing of asanas, safety and alignment, you will be able to experience yoga at a deeper and more meaningful level.

Q: I follow a different spiritual path than that of Ananda [or no path at all]. Does that make a difference in whether or not I should attend AYTT?

A: No, it makes no difference. We sincerely respect all spiritual paths, and we welcome anyone who gives that same respect to our tradition, whatever his or her path may be. Of course, you should realize that AYTT takes place in the context of Ananda's spiritual tradition, which emphasizes the time-honored approach of yoga as a tool for the Divine Quest. Participation involves practicing a variety of yoga techniques associated with Ananda's tradition, such as meditation and chanting as well as asana and pranayama.

Q: Does Ananda offer Advanced Yoga Teacher Training?

A: Yes. We are a certified RYS 300 Yoga institute. Our Level 2 Yoga Teacher Training course leads to RYT 500 level certification. For more details, see <http://instituteoflivingyoga.org/teacher-training-programs/ananda-yoga-teacher-training-level-2>. Advanced teacher training is also available at The Expanding Light, Ananda's retreat center in Nevada City, CA. For more details, see <http://www.expandinglight.org/yoga/teacher-training/level2-certification.php>

AYTT is a part of the larger curriculum of Ananda Institute of Living Yoga, which offers many other relevant courses, including Meditation Teacher Training. For more details, please visit the Institute's web site at www.instituteoflivingyoga.org.

Q: Will I receive support after I graduate?

A: Ananda is an established institution of yoga and meditation in the Seattle Area. Ananda also has nationwide and worldwide presence with several branches in the United States, India, Italy, and Switzerland. This means you will continue to receive valuable support after you graduate:

- Our teachers are available to you when questions come up
- Advanced training is offered by the Ananda Institute of Living Yoga and at The Expanding Light in Nevada City, CA.

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- Membership in an email Q&A forum where our teachers and fellow graduates come together to share information, ask and answer questions, etc.

Q: What is Ananda Institute of Living Yoga and how is AYT related to it?

A: The Ananda Institute of Living Yoga has been established to help expand the awareness of yoga as a way of life for anyone, regardless of outward affiliation. Here at the Institute you will discover that yoga is not just a pose; it is a state of natural, intuitive poise that radiates outward from within. As the mighty oak grows from a tiny seed to give shelter to life around it, living yoga begins with meditation and inner awareness.

The AYT is one of the courses/trainings offered at the Institute. The Institute also offers a plethora of trainings, practice opportunities, and satsangs at its Bothell, Lynnwood, and Seattle locations. For more information, please visit the Institute's web site at www.instituteoflivingyoga.org

Q: What options do I have for continuing education?

A: There are several opportunities for continuing education. Ananda Institute of Living Yoga offers several courses, including Advanced Asanas, Meditation Teacher Training, Yoga Sutras, The Bhagavad Gita, Ayurveda and Yoga, and Advanced Pranayama. These courses count towards your 500 level certification. For more details, please visit the Institute's web site at www.instituteoflivingyoga.org.

The Expanding Light Retreat in Nevada City, CA, also offers Therapeutic Yoga Certification, 500-level certification, and courses on several topics, including: advanced asanas, special-needs yoga, yoga philosophy, advanced pranayama, meditation teacher training, and Assistantship. For more information, please visit their web site at www.expandinglight.org.

AYTT CORE ASANAS

The following asanas form the core of the AYTT program. We recommend that you have a consistent practice of the asanas in this list. This will help you get the most out of the program. If you are contraindicated for any of these asanas, please contact Murali or Michelle, who can suggest modifications/alternatives.

| Asanas - Sanskrit and English | Affirmations |
|---|---|
| Adho Mukha Shvanasana (Downward-Facing Dog) | <i>"Calmness radiates through every fiber of my being."</i> |
| Ardha Chandrasana (Half-Moon Pose) | <i>"Strength and courage fill my body cells."</i> |
| Ardha Matsyendrasana (Half Spinal Twist) | <i>"I radiate love and goodwill to soul-friends everywhere."</i> |
| Baddha Konasana (Bound Angle Pose) | <i>"Secure in my Self, I accept whatever is."</i> |
| Balasana (Child Pose) | <i>"I relax from outer involvement into my inner haven of peace."</i> |
| Bhujangasana (Cobra Pose) | <i>"I rise joyfully to meet each new opportunity."</i> |
| Dhanurasana (Bow Pose) | <i>"I recall my scattered forces to recharge my spine."</i> |
| Garudasana (Eagle Pose) | <i>"At the center of life's storms I stand serene."</i> |
| Halasana (Plow Pose) | <i>"New life, new consciousness now flood my brain!"</i> |
| Janushirasana (Head-to-the-Knee Pose) | <i>"Left and right and all around – life's harmonies are mine."</i> |
| Jathara Parivartanasana (Supine Twist) | <i>"I open to the flow of God's life within me."</i> |
| Marichyasana I (Pose Dedicated to the Sage Marichi) | No affirmation |
| Matsyasana (Fish Pose) | <i>"My soul floats on waves of cosmic light."</i> |
| Muktasana (Freedom Pose) | <i>"I am free! I am free!"</i> |
| Navasana (Boat Pose or V-pose) | <i>"Within my every breath is infinite power."</i> |
| Padahasthasana (Jackknife Pose) | <i>"Nothing on earth can hold me!"</i> |
| Parighasana (Gate Pose) | <i>"Waves of joy surge upward in my spine."</i> |
| Parsvakonasana (Side Angle Pose) | <i>"I am a fountain of boundless energy and power!"</i> |
| Parvatasana (Seated Mountain Pose) | <i>"My thoughts and energy rise up to touch the skies."</i> |

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| Paschimottanasana (Posterior Stretching Pose) | <i>"I am safe, I am sound. All good things come to me; they bring me peace!"</i> |
| Prasarita Padottanasana (Wide Stance Forward Bend) | <i>"I relax and cast aside all mental burdens."</i> |
| Salabhasana (Locust Pose) | <i>"I soar upward on wings of joy!"</i> |
| Sarvangasana (Shoulder Stand) | <i>"God's peace now floods my being."</i> |
| Sasamgasana (Hare Pose) | <i>"I am master of my energy, I am master of myself."</i> |
| Savasana (Corpse) | <i>"Bones, muscles, movement, I surrender now. Anxiety, elation & depression, churning thoughts - all these I give into the hands of peace."</i> |
| Setu Bandhasana (Bridge Pose) | <i>"I offer every thought as a bridge to divine grace."</i> |
| Siddhasana (Perfect Pose) | <i>"I set ablaze the fire of inner joy"</i> |
| Sirshasana (Headstand) | <i>"I am He! I am He! Blissful Spirit, I am He!"</i> |
| Surya Namaskar (Sun Salutation) | <i>"Salutations to the sun, to the awakening light within, to the dawning of higher consciousness in all beings."</i> |
| Tadasana (Standing Mountain Pose) | <i>"I stand ready to obey Thy least command."</i> |
| Trikonasana (Triangle Pose) | <i>"Energy and joy flood my body cells! Joy descends to me!"</i> |
| Ustrasana (Camel Pose) | <i>"With calm faith, I open to Thy Light."</i> |
| Utkatasana (Chair Pose) | <i>"My body is no burden; it is light as air."</i> |
| Vajrasana (Firm Pose also, Thunderbolt Pose) | <i>"In stillness I touch my inner strength."</i> |
| Vasistasana (Vasishta's Pose) | <i>"The calm fire of my concentration burns all restlessness, all distraction."</i> |
| Viparita Karani (Simple Inverted Pose) | <i>"Awake, my sleeping powers, awake!"</i> |
| Virabhadrasana I (Warrior Pose I) | <i>"I attune my will to the Source of all power."</i> |
| Virabhadrasana II (Warrior Pose II) | <i>"I joyfully manifest the power of God."</i> |
| Vrikasana (Tree Pose) | <i>"I am calm. I am poised."</i> |