



What Distinguishes Bhava's Trainings

HIGHLY TRAINED FACULTY

- Bea has 30 years of teaching, curriculum development, and mentoring experience, with training and expertise in teaching teachers.
- She has trained continuously in the Anusara method with Anusara's founder, John Friend, since 1999.
- The cohesiveness of the program is augmented by the support teaching staff who are also deeply trained and experienced in the Anusara method.

AN INTEGRATED PROGRAM

- Bhava's Immersion and Teacher Training programs are integrated, making for a rich and meaningful understanding of the curriculum.
- You will have a concrete and dynamic skill set to take with you into the classroom.
- The supportive community at Bhava provides a setting for great personal growth.

Experience the Teachings

Deeply grounded and knowledgeable from years of meditation and yoga practice, Bea's teaching is infused with sensitivity and love. Blessed with the gift of intuitive guidance, she creates a sacred space that encourages personal transformation and connectedness in the community. I recommend any student to Bea's Immersion and Teacher Training Programs.

—Desiree Rumbaugh, International Anusara Yoga Instructor

The teacher training has been an uplifting and heart opening experience. I have learned valuable skills from powerful teaching exercises in a supportive community of students. This has been one of the greatest experiences of my life.

—Genevieve, Student



520-A CENTRAL AVE. SE, ALBUQUERQUE NM 87102



2010 – 2011

bhava yoga studio immersion and teacher training programs

with

Certified Anusara® Yoga Instructor **Bea Doyle**

Assisted by Certified Anusara Instructor
Erin Hansborough

Philosophy with Guest Teacher
Carlos Pomedá



505-842-1080

www.bhavayogastudio.com

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**105 Hour
Anusara® Yoga Immersion**

The Anusara Yoga Immersion is a basic and introductory course in the fundamental principles of the Anusara philosophy, method, and practice.

Deepen the understanding and experience of your yoga practice without pressure to teach, incorporate the Anusara method into your teaching, or complete pre-requisites for Anusara teacher training.

PART 1 INTENTION AND STUDENTSHIP

Stepping Into the Flow of the Practice
Anusara's Method and Tantric Philosophy. Ethics, Studentship, Anatomy, Pranayama, Meditation.

PART 2 TRANSFORMATION AND COMMUNITY

The Heart of Anusara Yoga
Sanskrit Basics, Schools of Yoga Philosophy, Patanjali's Yoga's Sutras. Deepening your Practice and Understanding of Anusara's Method. Anatomy, Pranayama, Meditation.

PART 3 GRATITUDE AND BLESSINGS

Empowering the Divine Within
Refining the Understanding and Experience of your Practice, Subtle Body Anatomy, the Bhagavad Gita. Intro to Ayurveda, Anatomy, Pranayama, Meditation.

2010 – 2011 Weekend Schedule

- PART 1** Sep 10-12, Oct 8-10, Nov 5-7, 2010
- PART 2** Dec 3-5, 2010; Jan 14-16, Feb 4-6, 2011
- PART 3** Mar 4-6, Apr 1-3, Apr 29 - May 1, 2011

INVESTMENT	ALL THREE PARTS \$1475
	INDIVIDUAL PARTS \$525



**Bhava Yoga Studio's
Teacher Training Program**

The Bhava Yoga Studio Teacher Training Program explores the art and science of teaching Anusara® Yoga. Learn how to safely and effectively share the gift of yoga with others, and how to guide students in connecting to the beauty of their hearts.

The teacher training is offered following the pre-required 105-hour Anusara Yoga Immersion. Together, these programs fulfill the requirements for the Yoga Alliance (200RYT) registry and are creditable towards Anusara certification.

CURRICULUM INCLUDES

- Teaching the most fundamental to advanced postures from the Anusara method.
- Developing the ability to see your students more energetically.
- Cultivating your voice and languaging skills.
- Assisting and increasing the sensitivity of your touch.
- Integrating heart themes and yoga philosophy into your teaching.
- Sequencing and class planning.
- Demonstrations and use of props.
- Taking the seat of the teacher.

Meeting Dates

June 23-26, July 28-31, September 22-25, 2011

INVESTMENT	ALL THREE PARTS \$1250
	INDIVIDUAL PARTS \$450



Bhava Yoga Studio's Faculty



BEA DOYLE is a certified Anusara® Yoga Instructor, and the founder and director of Bhava Yoga Studio. She combines nearly three decades of teaching experience with a belief that yoga can transform us to create an atmosphere in her classes that is powerful, active and uplifting. Teaching Anusara Yoga since 2000, Bea continues to be a dedicated student of Anusara's founder, John Friend.

ERIN HANSBROUGH www.viva-yoga.com

CARLOS POMEDA www.pomeda.com

FOR REGISTRATION AND APPLICATION INFORMATION, go to bhavayogastudio.com or call 505-842-1080