



Anusara Teacher Training with Christina Sell

Anusara (a-nu-sar-a), means “flowing with Grace,” “going with the flow,”

The Anusara Teacher Training takes you on a journey into the study of Anusara Yoga (Asana, Philosophy, Pranayama, Meditation). You will meet friends who share in the desire to live from the heart. The training is perfect for those wishing to delve into the mysteries and profound practices of yoga. The Anusara Teacher Training program is designed for dedicated students who have completed the 108-hour Immersion series. It follows Anusara Yoga founder John Friend’s curriculum and is for anyone who is interested in teaching.

**April 23rd - April 25th, April 30th - May 2nd, June 4th - 6th,
July 9th - 11th, August 6th -8th, Sept 10th - 12th, 2010**

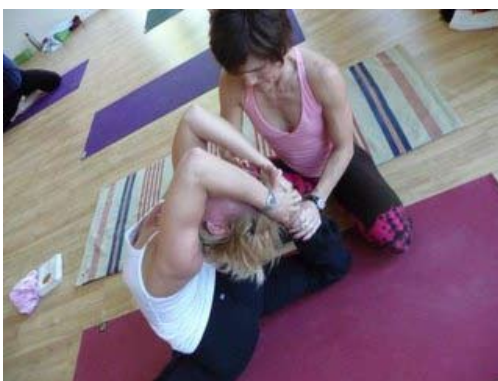
Friday Evening: 4:30 - 9:30 pm
(4:30 -6:00 Group Practice, 6:00 - 9:00 Discussion)

Saturday: 10:00 am - 4:00 pm
(10:00 am -11:30 Group Practice, Noon - 4:00 Discussion)

Sunday: 10:00 am - 4:00 pm
(10:00 am -11:30 Group Practice, Noon - 4:00 Discussion)



**TEACHER TRAINING DATES:
APRIL 23 -SEPT 12, 2010**



Breath & Body Yoga
4800 Burnet Road
512 374 1021
Austin

To Register:
log onto
breathandbodyyoga.com

Teacher Training Hours: 100

Costs: \$2200

If Paid Before
April 15th: \$2000

Please Note: Preregistration is required and approval by Christina Sell is required. Students must have completed the 108-Immersion series.



breath & body yoga

VINYASA & ANUSARA YOGA STUDIO

BreathandBodyYoga.com