



## 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 Oswald



## Your Vibrant New Life

*The Immersion was simply wonderful.*

*While I expected the improvements in my physical practice, I had no idea how much my spiritual and emotional understanding would grow. I've also been amazed at how increased physical strength translates into increased inner/emotional strength. Bea is a wonderful person to guide you on that journey. She is a knowledgeable, fun, loving and inspiring teacher.*

—Sandra Ortsman



*The Immersion gave me an overall awareness of the alignment principles which have helped me to be more integrated in my asana practice. I have noticed how much of the yoga experience and knowledge I'm bringing to my business, including staff meetings, communications and general ability to see the good in all situations.*

*Meditation has deepened for me immensely; I used to resist it, and now I can settle in.*

—Elissa Breitbart



*Yoga saved my life—twice. Bea's teaching is so incredibly heartfelt that it's impossible to bring anything other than 100% to her classes. The past nine months have been about so much more than refining my yoga practice. I am learning how to better trust myself, how to let the world work for me, and how to look for the highest in every person and thing.*

—Clint Murphy



2011 – 2012

# live your yoga two programs to rock your world

## The Anusara® Yoga Immersion and Yoga Alliance RYT 200 Teacher Training

with

Certified Anusara® Yoga Instructor **Bea Doyle**  
Philosophy with **Carlos Pomed**



**bhava**  
YOGA STUDIO  
your vibrant new life

505-842-1080

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Anusara® Yoga Immersion

REVEAL AND INTEGRATE YOGA'S MAGIC INTO YOUR DAILY LIFE THROUGH DEEPENED PRACTICE SUPPORTED BY TIMELESS WISDOM

The Immersion is an in-depth study of the principles of Anusara's philosophy, method and practice. Enhance your yoga practice without the 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 Shiva-Shakti 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.

**2011 – 2012 Weekend Schedule**

**PART 1** Sept 9-11, Oct 7-9, Nov 4 – 6, 2011

**PART 2** Dec 2-4, 2011 Jan 7-8, Feb 3-5, 2012

**PART 3** Mar 2-4, Apr 13-15 May 4-6, 2012

INVESTMENT	ONE PAYMENT \$1475
	THREE PAYMENTS \$525



Anusara® Yoga Teacher Training

SHARE YOUR PASSION WITH THE WORLD AND LOVE COMING TO WORK EACH DAY

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 Anusara Yoga Immersion. Together, these programs fulfill the requirements for the Yoga Alliance RYT 200 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 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.
- The business of teaching yoga

**2012 Meeting Dates**

**MODULE 1** Jun 7-10      **MODULE 3** Aug 16-19

**MODULE 2** Jul 12-15

INVESTMENT	ONE PAYMENT \$1325
	THREE PAYMENTS \$475



**BEA DOYLE** has a gift for guiding students in skillfully realizing the limitless possibilities of their yoga practice, and how to live yoga's wisdom in their daily lives. From a belief that she has the best job in the world, she is passionate about sharing her love and expertise for teaching yoga.

Bea is a certified Anusara yoga instructor and founder and director of Bhava Yoga Studio in Albuquerque, NM. She has taught Anusara yoga since 2000 and serves on Anusara's mentoring committee. With great gratitude for their ongoing guidance, she bows to her spiritual teacher, Gurumayi Chidvilasananda and to her yoga teacher, John Friend.

For information about guest philosophy teacher, **CARLOS POMEDA**, please go to [www.pomeda.com](http://www.pomeda.com).

**FOR REGISTRATION AND APPLICATION INFORMATION, go to [bhavayogastudio.com](http://bhavayogastudio.com) or call 505-842-1080**