

**108 Hour Anusara® Yoga
TEACHER TRAINING
Jun 16 - Aug 25, 2010
At Garden Street School of Anusara Yoga
in Coeur d'Alene Idaho**

Instructed by Karen Sprute-Francovich with Christina Sell joining for Part III

Garden Street Yoga is a 200 Hour
Yoga Alliance Registered School.

Part I - 36 hours - Wednesday June 16 - Sunday June 20

Part II - 36 hours - Wednesday July 7 - Sunday July 11

Part III - 36 hours - Friday August 20 - Wednesday August 25

Karen Sprute-Francovich has been practicing Yoga since 1974 and teaching Yoga for 22 years. She has been teaching Anusara Yoga Immersions and Teacher Trainings for 7 years. Karen's background includes 20 years of practicing and teaching Bodywork Therapies and well as Chinese Medicine. She earned a bachelor's degree in English and History and a Masters degree in Education from Gonzaga University. She has traveled extensively in Asia, she loves to write. She lives with her husband and 2 boys - OK - young men - all of whom study Yoga with her and have participated in Anusara Immersions . But most importantly, she loves Yoga and she is truly dedicated to her students. Her style is warm, humorous, intelligent and energetic.

Recently Karen and Christina Sell decided to partner up to teach and are thrilled to be offering Part III of the Teacher Training as a team.

Christina Sell has been practicing yoga since 1991. She is a certified Anusara Yoga instructor. Christina's classes are fun, inspiring, challenging and dedicated to helping people of all ages, sizes and abilities discover the joys of yoga practice and conscious living. Christina lives in Austin, Texas where she maintains an active local and national teaching schedule. schedule.

Christina is the author of [Yoga From the Inside Out - Making Peace with your Body Through Yoga](#). She studies on-goingly with John Friend and master teachers from all traditions. Her active teaching schedule includes local, national and international classes and workshops in asana, teacher training and principles of dharmic living. Christina lives with her husband, Kelly, their retired greyhound and four cats. She and her furry family enjoy long walks, bicycle rides, dinner parties with friends and hanging out on the river.

The Art and Technology of Teaching Anusara Yoga

This 108-hour teacher training offers a spiral curriculum approach which will cover all the fundamental teaching skills for Anusara Yoga Level One and Level Two Teacher Training. These skills include:

- Articulation. clear language skills, effective cueing and the cultivation of authentic quality of voice while teaching
- Cultivation of useful feedback, ability to see the good first, and to voice feedback clearly & succinctly.
- Sequencing principles and sequencing toward apex poses
- Creation of authentic, simple & powerful heart-based themes
- Contemplation and journaling techniques used in developing heart themes
- Introducing UPA's and Level I Syllabus poses to beginners
- Verbal adjustments
- Manual (hands-on) adjustments
- Use of props and creative solutions for mixed level and special populations
- Basic principles for therapeutic applications of the Universal Principles of Alignment.

This is offered as one training. Please try to attend the full 108 hours, if possible.

Enrollment priority will be given to those attending the full training. For Part III, which will be co-taught by Karen and Christina, additional qualified students will be admitted by invitation and / or application.

Pre-requisites: Must have completed a minimum of 100 Anusara Yoga Immersion hours and be teaching one Yoga class each week.

Part I - 36 hours - Wednesday June 16 - Sunday June 20

Part II - 36 hours - Wednesday July 7 - Sunday July 11

(Parts I & II will be taught by Karen Sprute-Francovich).

Part III - 36 hours - Friday August 20 - Wednesday August 25 - Christina Sell and Karen Sprute Francovich will co-teach Part III. Daily schedule to be determined.

Daily Schedule Part I & II

10 am - 6 pm

Tuition for Parts I & II

\$900. or \$540. per part.

Tuition for Parts I, II & III

\$1440.