
2009 Anusara Trainings with Ross Rayburn in Asia
21-27 February 2009 ~ Singapore
28 February - 5 March 2009 ~ Kuala Lumpur, Malaysia

Anusara Yoga

Anusara Yoga is one of the fastest growing schools of Hatha Yoga in the world today. In just 11 years, Anusara Yoga has reached out to thousands of people and is now taught in hundreds of cities all around the globe. With its life-affirming philosophy and elegant set of alignment principles, students of all levels are flocking to Anusara classes not only for their health and well-being, but in many cases because of the significant emphasis placed on remembering that yoga, like life, should be FUN!

About the Trainer - Ross Rayburn

Ross Rayburn is a Senior Certified Anusara Yoga Teacher from Los Angeles, California. Formerly the owner of Yogainsideout, Ross now travels internationally teaching some of the most fun and inspiring yoga classes around. Ross started teaching in 1999 and was certified by John Friend in 2003. His classes are known for their clarity in the principles of Anusara woven into a challenging class that seeks to connect all levels of students to their highest potential.

Ross visited Tokyo and Kuala Lumpur to teach and offer trainings in 2008. In 2009, he'll be returning to both cities along with Singapore and Hong Kong. Ross believes that Asia is on the forefront of the yoga boom and is honored to be a part of the greater Asian yoga community with a strong commitment to offering over the next few years a full slate of Anusara Yoga trainings and workshops so that teachers who are interested in becoming Certified Anusara Yoga teachers can accumulate the necessary hours in Asia.

Certification in Anusara Yoga

The certified Anusara Yoga teacher's main intention is to serve each student and help them unveil their innate goodness, worthiness, and Supreme nature. With love, respect and honor, the Anusara Yoga teacher is dedicated to serving and helping each student build his or her self-esteem. Another emphasis for Anusara Yoga teachers is evoking light-heartedness, play, fun, celebration and joyful creativity in the student's yoga practice as well as encouraging students to be independent in their thinking and to resist mindless conformity.

Anusara Yoga certification is among the most professional and demanding in the industry of yoga teaching. All certified Anusara Yoga teachers complete several years of study, including hundreds of classroom hours with John Friend and other certified Anusara Yoga teachers. They all go through multiple teacher training courses and teach professionally for at least two years, before formally entering the certification process.

The Certification training process of accumulating hours with an Anusara Yoga Certified

Teacher is typically structured around Immersion Trainings and Teacher Trainings. Immersions focus on the philosophical underpinnings of Anusara Yoga along with a comparative and historical study of the wider field of yoga. Immersions also focus strongly on the biomechanics embodied in Anusara's Universal Principles of Alignment. Teacher Trainings emphasize the art and skill of teaching yoga. From learning the use of voice and basics of teaching to amazing techniques developed by some of the greatest yoga teachers ever and how to inspire students to live their lives to the fullest, the Anusara training is by far one of the most superior offered by any yoga system.

2009 Anusara Trainings with Ross Rayburn in Singapore & Malaysia

'Introduction to Anusara Yoga' 12-hour Weekend Workshops

The weekend workshop is designed as a holistic experience of Anusara Yoga. Each class will build on the prior as we move through the Universal Principles of Alignment and how they can be woven into a deeper asana experience along with how to take the supporting spiritual concepts off the mat and into the real world. Students will be allowed to take individual classes but taking the entire workshop is encouraged in order to see how the Principles fully fit together and BLAST the Roof off your yoga practice!

Each class will be complete in terms of asana sequence, however the morning classes will emphasize hand-balancings and back-bends and the afternoon classes will emphasize forward bends, hip-openers and twists. We'll also incorporate pranayama, philosophy and meditation throughout the weekend.

Each class will be challenging but all levels are welcome to attend. Ross is known for attuning class to a wide variety of student so that everyone goes to the next level!

Day One

9am-12pm Set the Foundation and Open to Grace
12pm-2pm Lunch Break
2pm-5pm The Power of Stability: Muscular Energy

Day Two

9am-12pm The Refinements: Loops and Spirals
12pm-2pm Lunch Break
2pm-5pm Celebrating Life: Organic Energy

Dates:

21-22 February 2009 ~ Singapore

28 February - 1 March 2009 ~ KL, Malaysia

Cost:

Usual - SGD350/RM800 (for all sessions)

Early Bird Specials - SGD300/RM700 (for all sessions & full payment by 1Feb09)

** priority will be given to those who sign up for all sessions, single session at usual SGD100/RM230 or early bird SGD90/RM210 (for full payment by 1Feb09)*

36-hour Anusara Immersion I

Pre-requisite : Complete at least 12hours or more Anusara introductory workshops with a certified Anusara teacher

The word Immersion is most often used in reference to water. It's an apt usage for the study of yoga since, like immersion in water, immersion in yoga offers a transformation to another world of experience. Whether a student desires to become a yoga teacher or simply deepen their relationship with their yoga practice, Immersion requires the commitment of great studentship and malleability like the way water forms around anything immersed in it.

In Anusara Yoga Immersion I, we will introduce and study the different schools of yoga philosophy emphasizing the Tantric-based philosophy that underpins Anusara Yoga philosophy. We will study in great depth the biomechanical principles of Anusara Yoga known as the Universal Principles of Alignment. In addition, the study of breath, meditation and anatomy will be covered.

Immersion I is designed to provide a good foundation of practical understanding of Anusara Yoga for all serious students, and for those students who wish to enter into an Anusara Yoga Teacher Training. After completing a Level I Immersion, students are expected to have a solid working knowledge of all the basic principles of Anusara Yoga and be able to integrate the key elements of the teachings into their yoga practice and their daily lives.

Note: Immersion I with Ross Rayburn covers 28 classroom hours and requires 8 hours of self-study

Dates:

23-27 February 2009 ~ Singapore

2-5 March 2009 ~ KL, Malaysia

Time: 9.00am-5.30pm (7 hours daily, lunch break from 12.30pm-2.00pm)

Cost:

Usual - SGD850/RM1980

Early Bird Specials - SGD750/RM1780 (for full payment by 1Feb09)

Sign Up for Both!

Weekend Workshop + Immersion I Training Package

Usual - SGD 1100/RM2500

Early Bird Specials - SGD1000/RM2300 (for full payment by 1Feb09)

To find out more about Ross Rayburn, please visit www.rossrayburn.com

To register for the above courses in Asia, please contact Phyllis Pek at
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Organiser:

YOGA
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www.yogainasia.com