



Level I Teacher Training with Desirée Rumbaugh

The desire to teach Yoga is a great blessing. Align with your Divine Nature and Step into the Flow of Grace in this 30-hour training. Learn what makes a good teacher a great teacher. Together, we will practice the skills that we need to develop to communicate the powerful message and technique that Anusara Yoga offers the world.

We will study and practice the art of designing a class through sequencing, using verbal and physical adjustments that are effective, and weaving a theme with language that is inspiring. Students will be given hands-on teaching practice in a supportive environment to help build your confidence as a yoga teacher. This training will also include daily pranayama and meditation.

Date: Feb. 23 - 26, 2009

Time: 9 a.m - 6 p.m.

Cost: \$650

Location: Tempe, AZ

Enroll: info@desireerumbaugh.com

Prerequisites:

- 100 hrs of Anusara Immersion or Anusara study with certified teacher.
- Must have a strong working knowledge of the Anusara Universal Principles of Alignment™.
- Must submit application

Desirée Rumbaugh teaches from the wisdom of more than two decades of practice. She was one of the first students to study with John Friend, and one of the first to be certified in his Anusara method of yoga. As a full-time teacher, Desirée travels the world offering workshops, which are innovative and transformative, challenging and compassionate. She has a well-earned reputation for deepening the most new to the most seasoned practices, through humor balanced with a quest for authenticity. Desirée is also a contributor to various organizations, including the *Yoga Journal*. Look for her new DVD entitled *Yoga to the Rescue*. For more details visit desireerumbaugh.com.



Save
the
Date!