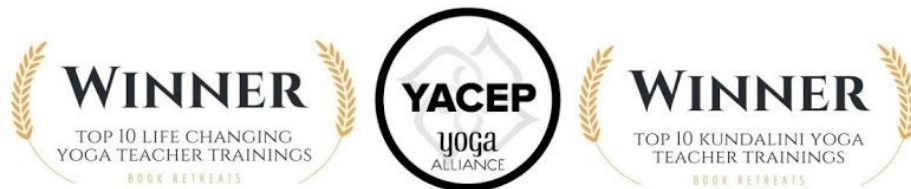


ONLINE YOGA

teacher training

200 HOUR CERTIFICATION



ANUTTARA ASHRAM

Why Choose Anuttara?

This isn't simply a certification but an investment in a transformative process.

Anuttara Yoga & Meditation Teacher Trainings provide the opportunity to reconnect with something deep inside of yourself that you've long forgotten but never left. Learn tools that connect you to your fullest potential and establish a lasting spiritual practice that you can share!

1

EXPERIENCED

Facilitators with over
2500 Certified Hours
and 10 - 20 years of
Experience

2

AUTHENTIC

Down to Earth people
coming from Authentic
Yogic Lineages

3

CERTIFIED

This course has been
recognized and
Certified by the Yoga
Alliance



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What Do We Learn?

INTEGRATED

In Yoga, there are four main paths: Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga. From these four paths, all other forms of yoga branch off. Anuttara empowers its students to discover each of these paths to Yoga. In this training, we explore how yoga goes far beyond the mat. Our students learn how to practice and teach yoga as a practice that goes beyond the physical. They learn how to integrate yoga and meditation into their daily lives.





SPIRITUAL PSYCHOLOGY

Spiritual Psychology (or Psycho-Spirituality) gives us an understanding of yoga using western psychology and terminology. In Anuttara's YMTT our students begin to work with spiritual psychology and understand how to apply it to their own lives. It is through this work that the students can become intimately aware of their own personal illusions that have been limiting them from rising to their fullest potential.

We teach tools and skills to see, dissect and understand some of the intricate workings of our egos (or lower selves). Our students are guided through meditations for healing old wounds and releasing pent up emotions. This work flows in harmony with our tantric yoga practice as our students also learn specific physical postures (asanas) that help to sublimate challenging energies or moods.

The Spiritual Psychology aspect of the course brings us to humility which is a necessary quality, not only for being a heartfelt yoga teacher but also for ascending beyond the personal into the transcendental.



TANTRA

Tantra is a beautiful blend of ancient shamanic traditions and yogic philosophies. Throughout the Anuttara YMTT, the students will learn the philosophy and art of ancient tantric practices. These teachings have been handed down to us from an Authentic Tantric Master of India named [Guruji Raj Kumar Baswar](#).

The students learn to see the manifest world (Maha Maya) not as an obstacle in opposition to their spiritual work but instead as an opportunity to see the Divine everywhere.

Anuttara offers an in-depth understanding of the Chakra-System that goes far deeper than the modern 'new-age' appropriation. Anuttara Yoga Teachers learn to structure their classes in harmony with the chakras, assisting their students in sublimating energies. Students are empowered to use asanas (physical postures) and pranayama (breathing techniques) to raise their own kundalini (spiritual energy) and to pass that on to their own students when they become teachers.

During this online training, we will explore in-depth, many powerful tools for Tantric practice; such as the Chakras, Kundalini & Mantra. This online format allows you to learn from the comfort of your home, the theory and philosophy behind some of these incredible ancient yogic practices.



If you feel called to dive deeper into these authentic Tantric practices that are a part of our lineage, we invite you to join us for a 5-day intensive in-person at the ashram. [Tantric Initiation](#) is a 15 Hour YACEP course. We are offering this unique course at a discounted price for all who have graduated from our online YTTC. In this 5-day deeply experiential course, Bhairav will guide you through the three modes of Tantra: Mantra, Yantra and Yagna. You will receive a personal mantra that will empower you as a yoga teacher, participate in yajna (fire ceremony) & learn the ancient ritual of building sacred yantra (a geometric shape).



ADVAITA/JNANA YOGA

Yoga is believed by many to have four main paths. Jnana Yoga often referred to as Advaita is believed to be the highest and most direct path to awakening to your true nature. Through silence and introspection, we begin to explore Advaita or Non-Duality in the Anuttara YMTT. Combined with the spiritual psychology and tantric practices, our students have clarity from which to inquire into who and what they really are.

We draw on teachings from a selection of Advaita teachers including Sri Ramana Maharishi, Nisargadatta, Mooji, Adyashanti, and Rupert Spira. The students also learn to lead and teach specific Meditations from Sahajananda of Hridaya.



BHAKTI

The Students will also be introduced to a selection of Bhakti practices, with a specific focus on Kirtan and Devotional Dance. Together we will learn the 9 modes of Bhakti. Students will also discover how to make their classes an act of Devotion or Divine Guidance.

In the Bhakti classes, we learn to call on the things around us that inspire love in our hearts to guide us in our teachings and spiritual practices. We learn to connect with and cultivate the love that naturally exists abundantly inside of us.

"It had been years since I'd actually just let go.
Anuttara taught me how to dance again." - Syd, (Student)



ANATOMY

Students will be learning how to practice asana safely through learning the mechanics of the body, in our anatomy and adjustment class. They will learn not only to see proper alignment but they will also begin developing their own verbal cues, as well as the Art of Touch. The Art of Touch allows you to discover how to be sensitive to the energies of others and how to apply appropriate touch to assist your students in their asanas.

Students will learn to not only apply this to the classes that they teach but also to their own personal practice; enhancing the quality and depth of their own practice. For those craving a hands-on experience, we will be offering a 10-day in-depth exploration of alignment, the art of touch, trauma-sensitivity & Thai yoga massage at a discounted price for Anuttara online graduates. *Conscious Body* is a 35 hour TTC that will deepen your understanding of your body in movement and its ability to spiritually connect with others.

TRAUMA-SENSITIVE YOGA

The Anuttara YMTT prepares students to teach yoga in a Trauma-Sensitive way. We learn how to create a space that is inviting and inclusive for all beings. We discover Trauma-Sensitive language and cues and learn how to apply hands-on adjustments in a Trauma-Sensitive manner. Anuttara teaches their students the leading theories around Trauma through a relatable, neurological, & anatomical perspective.



MEDITATION

There are two broad categories in which all meditations can fall under. Either a Focused Attention Meditation or an Opened Awareness Meditation. At Anuttara our teachers learn different styles of meditations which fall under both of these categories. Speaking specifically, they learn Mantra to focus the mind and raise kundalini energies, mindfulness, Sufi-heart practices, and self-inquiry meditation to look into and effortlessly rest in our true essence and being.

At the end of this training you will be a certified Meditation Teacher.



PHILOSOPHY

The Philosophy at Anuttara goes far beyond the Yoga Alliance standards in terms of both hours and depth. Our students learn to see and draw on the connection between all spiritual traditions.

Bhairav, one of the co-founders of Anuttara Yoga who designed the philosophy curriculum, draws his understanding from over 20 years of the study and practice of Yoga. The philosophy curriculum of Anuttara's YMTT examines authentic Indian-Yogic tradition and where it collides with spiritual understandings from all over the world.

Bhairav has studied the spiritual philosophies of Christianity, Buddhism, Tantrism, Vedanta, and Yoga. Artemis has studied Shamanism, Paganism, Tantrism, Feminine Spirituality, Advaita-Vedanta, Taoism, & Psychology. Together they blend a very holistic perspective on spirituality and provide a language that can be understood by almost every student regardless of their previous understandings, upbringings, or personal beliefs.

Yoga Philosophy at Anuttara goes beyond heady theory and provides different avenues through which their students can embody these values, ethics and teachings within their everyday life.



MORE...

This course not only meets all of the Yoga Alliance requirements but it goes far above and beyond what is expected. The YMTT also goes into Hridaya, Yoga Nidra, Ayurveda, social responsibility, business, marketing, ethics, and a bounty of more wonderful things that - we believe - every yoga teacher should know.

We empower the students to learn how to structure classes in their own way, from their own hearts and personal creativity. Anuttara Yoga graduates know how to structure classes for their students' specific physical, mental, emotional or spatial needs.

If you want to get a sneak peek into the world of Anuttara, our community and our teachings, please come check us out on our [Instagram](#), [facebook](#) and [youtube](#) page. We also have an entire blog section on our [website](#), where you can hear from our past students about their experiences with Anuttara.

"Anuttara provided the opportunity to step away from an individual self and start to truly experience and access a feeling of all one, an interconnectedness that I had never felt before."

- Adam (Graduate)

What style of yoga?

Our goal is not to make cookie-cutter yoga teachers with branded and regurgitated yoga sequences. Our focus instead is on giving our students the tools necessary to grow and develop their own personal teaching styles from a place of inspiration and heart.

Anuttara Yoga teachers learn to teach a range of Yoga Styles: Hatha, Mantra Yoga, Tantra, Vinyasa, Yin-Meditative, Yoga Nidra, Restorative and Prenatal.

This course is open to both those looking to become certified teachers and also to those who are simply looking to bring depth and understanding to their personal practice.



"You want to learn to drive, you take a driving course, you want to learn to read, you see an English teacher, you want to learn to incorporate genuine spirituality into your life, you take this teacher training." - Amy (Graduate)

Meet the Founders of Anuttara Yoga

The Founders are also the lead facilitators of your Yoga & Meditation Teacher Training. They will be providing the majority of the material for you. They will also be hosting bi-weekly online Q&As with you and your fellow peers. Your two main practicums will be watched and reviewed by them and they will provide you with personal feedback on how to further deepen your practice as a Yoga Teacher.

Artemis Emily Doyle



Artemis works as the Director of Operation at Anuttara Ashram and is a co-founder of Anuttara Yoga. Artemis is a student of Guruji Raj Kumar. Artemis has been practicing and teaching yoga and meditation for over a decade. She has been initiated by both Guruji Raj Kumar & Sri Prem Baba. In 2014, she personally met and received Darshan from Sri Mooji Baba. His teachings have reverberated into her being ever since and she considers him to be one of her main teachers. She has also studied with Eric Baret, Ellen Emmet & Rupert Spira. She is a registered Forest Therapy Guide and was initiated as a guide in Ceremonial Cacao in the traditional Guatemalan rite.

Bhairav Thomas English



Bhairav, also known as Thomas, is the founder of Anuttara Ashram and co-founder of Anuttara Yoga. Bhairav is a wacky, fun-loving, and a rather humoristic yogi-- seemingly skilled in more than just yoga and meditation. He has been studying and practicing spirituality and yoga for over 20 years. Since 2002 he has been teaching in India, Thailand, and Canada. He is a student of Guruji Rajkumar Baswar and his traditional tantric practice is inspiring. To be in the presence of a yoga teacher of his stature is not an everyday event. Bhairav is incredibly easy to talk to and approachable. He happily answers those large philosophical questions that might have otherwise gone unanswered.

Meet the Mentors

The Mentors will be providing you a lot of personal feedback, support and information about diving deeper into your studies as a yoga teacher. Each of these Mentors has their own areas of personal study. Students will be assigned a mentor either on personal preference or on similar interests.



Sundari Williams

Sunny has been an active member of the Anuttara community since 2015 when she first came to live at the Ashram in British Columbia. She graduated from the Anuttara YMTT in 2017 and has over the years assisted in the yoga program, retreats and YMTTs. In 2017 & 2018 Sunny travelled to India with Anuttara and completed a 200 YTT with the Satyaloka school of Tantra, which included initiations with Guruji Raj Kumar. Most recently

she has studied with Hala Khouri in Trauma-Informed Yoga, completed a Mindful Caregiving course with the San Francisco Zen Hospice Project and is a student of Pema Khandro Rinpoche in the Tibetan Buddhist Yogi tradition.

Tara Nendzig



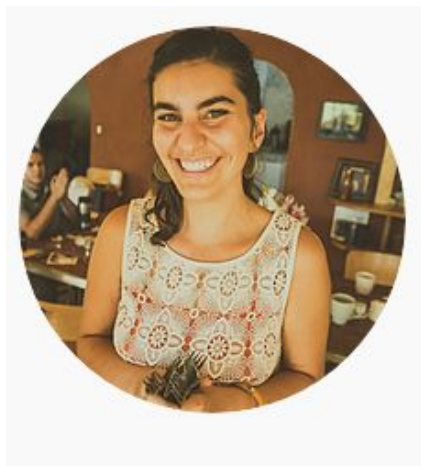
Tara first came to the ashram in 2015 and graduated from the Anuttara YMTT in 2017. Since then she has been a part of the Anuttara Facilitator Training. She has been studying Spiritual Psychotherapy with Prem Baba since 2017 and has been practicing Traditional Tantra in the lineage of Guruji Raj Kumar since 2015. Tara practices Thai Massage and is in her 3rd year of Dance Therapy Studies developed by the great Maria Fux. Tara loves Bhakti Yoga in all its forms and feels more and more drawn to Self-Inquiry and the teachings of Advaita Vedanta.

Elie Rullier



Elie arrived at the ashram in May 2018. Since then he graduated from the Anuttara YMTT and started the Facilitator Training. He practices Traditional Tantra with Guruji Raj Kumar. Elie has a *passion* for Non-dual Tantra coming through the lineage of Jean Klein and just discovered his love for playing Harmonium.

Ishvari Belanger



Yoga became a part of Ishvari's life while she was studying Philosophy and Eastern Religions at university. She completed her first 200h YTT in the Sivananda lineage with Krishna Chaitanya & Swami Prabodh Chaitanya in 2014. She continued to study with Yogrishi Vishvketu that year. Ishvari began her journey with Anuttara in 2017 and graduated from the YMTT in 2019. Ishvari devoutly studies anti-oppression practices and is interested in the intersection of self-empowerment and yoga. She is thrilled to be a part of the Facilitator Program. Ishvari is also a Children's Yoga Teacher.

"The teachers are so genuine with a deep and loving desire to see the students grow, awaken and blossom. It can be a truly life-changing experience." (Laura, Graduate)



Continuing Education Programs at the Ashram

To supplement your online learning, join us at the ashram for one or both of our in-person courses to enrich your yoga-teaching toolkit. These unique Yoga Alliance Continuing Education Programs are available to you at a significant discount. Over 5, 10, or 15 days boost your confidence in teaching and add-on additional Yoga Alliance hours.

Conscious Body

Join Artemis for this explorative 35 YACEP. This training is a 10-day in-depth journey of alignment, the art of touch, trauma-sensitivity & Thai yoga massage. Deepen your understanding of your body

in movement and its ability to spiritually connect with others. Dates & details available upon request.

Tantric Initiation

This 15 YACEP takes you through a beautiful 5-day journey into the embodied rituals of Tantra. Join Bhairav to receive an Authentic Tantric initiation into the three modes of Tantra: Mantra, Yantra, & Yagna. Receive a personal mantra that will empower you as a yoga teacher. Participate in yajna (fire ceremony) & the building of a sacred yantra (a geometric shape). This course will also include Tantric Philosophy Classes, Ritual, & Ceremony. Dates & details available upon request.





5 ADVANTAGES of an **ONLINE** Yoga Teacher Training

5 Advantages to an Online Yoga & Meditation Teacher Training

Can you really become a certified Yoga Teacher Online? We say, YES! We have to stop comparing online and in-person trainings because they are truly very different things. While an in-person training offers you the hands-on experience - there are some very real pros to online training...

1. Flexible Schedule

Online learning offers various mediums to study - readings, talks, videos, embodiment practices etc. It allows us to slow down, take the lessons at our own pace, pause and reflect on mind-blowing teachings, take a break to make a cup of tea, and best of all *stay in pyjamas*.

Create your own schedule and study the content in a way that works for you. If taking a month out of your schedule to travel and do a teacher training in person won't work for your lifestyle but you feel the call to become a yoga teacher, *an online YMTT might be totally right for you*.

2. Go at Your Own Pace

Taking an online YMTT removes the aspect of long days of lessons when you really just need a break. You could do one or three or five hours a day, whatever you have time for. Unlimited access to the YMTT content allows students to review and refresh their understanding of a concept throughout *and even after* the training. Having constant access to the content is an awesome way to return to a lesson that felt powerful to continue to deepen one's understanding.

3. Already Integrated

The BEAUTY of taking an online YMTT is that your yoga & meditation practice becomes *naturally integrated* into your home-life. The difficulty some students have with in-person month-long trainings, is they have trouble bringing the practices home with them and integrating the new knowledge into their daily life. As you ease into the lessons and the content online, you are absorbing all of it in your own home, in your daily life. It's a natural adoption of yogic habits into your regular life.





4. Community: from the Comfort of Your Own Home

In Anuttara's online YMTT, students have the opportunity to connect bi-weekly for live question & answer sessions with the lead facilitators. As well as connecting bi-weekly for share circles with one mentor. Together the students will gather weekly to practice teaching and review lessons learned. In this way, a natural bond of community builds and no question slides under the radar. Students have the opportunity to connect, question, reflect, understand asanas and bounce ideas off each other. All students are supported throughout the program and are just one email or zoom call away from their mentor.

5. Significantly Less

Online YMTTs are usually *significantly* less costly than in-person. Save on the costs of accommodation, food and travel. Plus, with the flexibility of studying online at home, you can still be working and making money at the same time.

Anuttara Online: How does it work?

Course Syllabus

Our 3-month online course has been designed thoughtfully and specifically to provide you with the greatest opportunity for growth, learning and personal experience. Each week you will receive hours of recorded material that you can watch at any time, this includes guided asana and meditation classes, philosophy, teaching methodology and anatomy classes.

We want to ensure that throughout your personal journey you feel completely supported by us and held within a community of fellow practitioners. To do this, we will be offering live Q&As and meditations, Private Mentorship, community Share Circles, Peer Group Gatherings, One to One feedback from Mentors and Facilitators, and we will always be available to answer any questions or concerns through email.

Over 3 months we will cover the following:

100 hours of Asana, Pranayama, & Meditation Practice

25 hours of Teaching Methodology

20 hours of Anatomy

30 hours of Yoga Philosophy

10 Hours of Practicum time:

Each week we will have a group gathering, where you will be broken off into *small* groups to practice teaching and guiding your fellow peers; this is an environment of shared learning, a place to make mistakes and not to be taken as a serious examination. It will give you an opportunity to practice verbal cues, and gain more confidence in yourself to share the skills you will learn over the weeks. Here you will also have the chance to ask questions and receive feedback from your mentors and facilitators. As a part of the practicum, each student will also submit recordings of themselves teaching Yoga, Meditation & Pranayama for mentors & lead facilitators to review and give feedback.

“Although there was always a clear plan and schedule the facilitators were sensitive to the energies of the group and never hesitated to adjust things to meet our needs. Wow, was I grateful for that!”
- Crystal (Graduate)

Graduation

Upon completion of the practicum hours, class hours and written assignments, you will be awarded a 200-hour Yoga Alliance certificate! You are then free to register yourself with the Yoga Alliance and begin teaching Yoga and meditation.

Frequently Asked Questions

What sort of time commitment do I have to make each week to complete the course?

To stay on track to graduate the Anuttara Yoga Teaching Training in the 3 month period, we recommend that students commit to doing 16 hours of combined study and practice per week. This includes watching lectures, homework, meeting for group gatherings and completing a daily practice. We go above and beyond to help you throughout this online journey, helping to motivate and support you in your studies. We also know that life happens, so if any point you need an extension, please don't hesitate to reach out to us to let us know your current situation and ways in which we can help you to complete the training.

How much of my own personal Yoga and meditation practice will I actually get to do?

We truly believe that the foundation to becoming an authentic Yoga Teacher, or for anyone who simply wants to discover for themselves the transformative power of yoga and meditation, is the commitment to develop a consistent, daily practice. Therefore, we encourage our students to complete 1 to 2 hours of our online guided asana, meditation and pranayama classes each day. We recommend students try to do this first thing in the morning before anything else so then you don't have to worry about it for the rest of the day. Of course, we understand with work, family and other time commitments, this isn't always possible, and this is where we empower you to decide how to best incorporate this practice into your own life and your own schedule, whether that be morning or evening.

"We actually learn to teach and in our own way. I loved not having to follow a rigid outline but instead being empowered to follow my own intuition." - Ananda, (Graduate)

What if I can't always make the live sessions?

We will be having multiple opportunities to meet online. If you cannot attend the bi-weekly Q&As with Lead Facilitators, you will be able to watch the recording at a later time. Then, we ask you to simply write a short reflection about the things you most enjoyed learning over the last two weeks and in the Q&A.

If you cannot attend the bi-weekly Intimate Meetings with Mentors, we ask you to let us know and to simply write a short reflection about how your week was, how you felt, what you learned and any challenges you faced.

If for some reason you cannot make the Practicum session, we ask you to record yourself teaching the asanas covered in class that week and send it to your mentor for feedback. The live sessions are an opportunity to connect with fellow students, however, we also have online forums and a private Facebook group, that in your own time, can be used to get to know each other, go over the material and ask for help.



“Everything was amazing but what I fell in love with the most was the people. The teachers are incredibly down to earth, goofy, playful and funny. These kinds of teachers attract similar students! This makes the whole yoga journey a beautiful ride. I can't express how grateful I am for this opportunity.”

- Siddhi (Graduate)

Investment

Total Investment is \$ 2000 CAD.

[Pay before July 15, 2020](#), Get **\$500 CAD OFF!**

3 month Payment Plan:

Take the 3 month Payment Plan & Receive **\$250 CAD OFF!**

6 month Payment Plan:

Take up to 6 months to pay and **pay the total investment** of \$2000 CAD.

RECEIVE EXCLUSIVE DISCOUNTS:

Joining our ONLINE Yoga & Meditation Teacher Training means you receive an exclusive discount on our upcoming in-person trainings: [The Conscious Body 10-day retreat \(35-hour training\)](#) and [5-day Tantric Initiation \(15-hour YACEP\)](#).

The first 30 people to sign up for the online training will **receive a FREE gift bag** which includes a special meditation mat for tantric practice, a mala, and a personalized Anuttara work booklet.

Graduate from our Training and get accepted into our Private Sangha Facebook group to receive Discounts on future retreats, trainings and more!

SCHOLARSHIPS

Scholarships are available and provided on a financial need basis. [Please contact us to apply.](#)

BONUS BLOG POST:

How to Choose a Yoga Training?

WE COLLECTED THE TOP QUESTIONS TO ASK BEFORE TAKING A YOGA TRAINING AND ANSWERED THEM...

"Are you registered with Yoga Alliance?"

If you want to be certified to teach anywhere in the world as a Registered Yoga Teacher (RYT) you will need to make sure that whatever course you take provides certification through the Yoga Alliance. The minimum amount of hours needed to become an RYT is 200 hours.

"Will I really be able to learn everything I need online?"

To become a yoga teacher and learn everything required of a Yoga Teacher online is not a small task. If you're considering a training, you want to be sure that the facilitators are working hard to teach you as much knowledge and embodied experience as possible.

We will be supporting you through online live meetings, providing feedback, creating space to learn with your peers, holding space if you need someone to talk to any answering any and every question. Our mentors are always just an email or a zoom call away.

"How many Facilitators are there?"

Unfortunately, many Yoga Trainings are created for the money and not for the joy of it. Yoga Trainings that have over 30 students and only 1-2 experienced-facilitators are often in it for the money. The more students there are and the fewer facilitators there are the more likely you are to get lost in a sea of students.

To become a Yoga Teacher, it is really important that your questions are answered and your alignment is mastered. If you do not have a sufficient amount of time with your facilitators it is likely that you will come out less than satisfied with your abilities.

You will want a maximum of a 10:1 ratio, 10 students to 1 facilitator maximum! This way you're sure to fully understand, get lots of time to ask questions.

"What is the Experience of the Facilitator?"

The Yoga Alliance says that in order to lead a Yoga Training you need a minimum of 2 years and 1000 hours of experience. In order to be a Good Facilitator, it should really be at least 5 years of experience teaching and one year experience assisting or leading a Yoga Training. In order to be a Great facilitator, they should have over 10 years of experience teaching, 2 years of experience assisting or leading Yoga Trainings and have specific areas of Yoga that they specialize in. In order to be a Fantastic Facilitator, they should have over 20 years experience teaching, many years experience assisting or leading Yoga Trainings, have specific areas of Yoga that they specialize in and they don't just consider yoga a job or hobby but Yoga is a fully integrated and integral part of their life.

Our Lead Facilitators Bhairav & Artemis have been leading Yoga & Meditation Teacher Trainings for years. Bhairav has been teaching Yoga, Meditation & Tantra for 20+ years and specializes in Tantric ritual and yoga Philosophy. Artemis has been teaching Yoga & Meditation for 10+ years and specializes in Non-dual teachings, Psycho-Spirituality, Eco-Tantra & Feminine Spirituality.

Our Mentors:

Sundari (Sunny) has been teaching for 5 years and specializes in Tibetan Buddhism, Psycho-spirituality. Tara has been teaching for 5 years and specializes in Yoga of the Heart, & devotional dance. Ishvari has been teaching for 6 years and specializes in children's yoga & inclusive yoga. Elie has been teaching for 2 years and specializes in Tantric ritual and tantric philosophy.

If you can find a training with these kinds of facilitators you're bound to learn a lot and walk away with much more wisdom than if you'd join a training without that kind of experience.

"What Lineage do you teach from?"

Yoga International says, "The trainers should be able to give you a clear indication of their lineage and...India should be in there somewhere". The reason there are a lot of faulty Yoga Trainings (and teachers) out there because the Yoga Facilitators themselves don't know the truth of what they're teaching.

Anuttara Yoga has been birthed out of the initiation into multiple spiritual lineages ranging from shamanism to christianity, from Buddhism to Tantra. The main lineage through which the spiritual energy and support is provided to Anuttara's Yoga Teachers & Students is through the [Shivoham Tantra Lineage, headed by Guruji Raj Kumar Baswar](#) of the right-handed path Tantric Path (and yes

this linear comes from India).

We teach two different Hatha Yoga sequences one that is a more modern sequence and the other is more of a meditative style. All of our sequences deal with kundalini, the chakras, non-duality or jnana yoga and the heart is the source of inspiration in all of our classes.

"What are the learning objectives of your course?"

It is important for you to have a clear understanding of what kind of teachers the Yoga Training is striving to produce. To have a very concrete understanding of what is important for them to have their students walk away with is integral. Some trainings do not care for philosophy or anatomy. Some courses are more heavily based on marketing but not ethics.

The Anuttara curriculum aims to have each of our graduates take what they have learned and adapted it to honour their own belief systems, experience and inner wisdom. We do not want cookie-cutter teachers, we want our graduates to leave with a deeper understanding of who they are, which is a necessary part of becoming a teacher and whole being. We believe that it is through an authentic connection with themselves that they will be able to make more authentic and longer-lasting connections with their students and all of those who come in contact with them.

Our graduates will be able to adapt their classes and teaching style based on the needs of their students. They will apply their extensive knowledge of the doshas, gunas, and the chakras system, understanding that each of their students is a unique combination of these and that we cannot blanket a yoga class assuming it will be good for everyone.

Our graduates understand that yoga is more than a physical practice and they are able to teach yoga in multiple forms including, Pranayama, Meditation, Self-inquiry, Tantra Yoga, Kundalini, Yin Yoga, Vinyasa, Prenatal, Restorative, Yoga Nidra and more.

Thank you for taking the time to learn a little bit more about us and this award winning training. We hope to have you Join us Online!

Contact us for further questions
or
Register Here

