

A YOGA IMMERSION AND TEACHER TRAINING: Cultivating the Creative Matrix of Being



Yoga Alliance Certified

Online Training

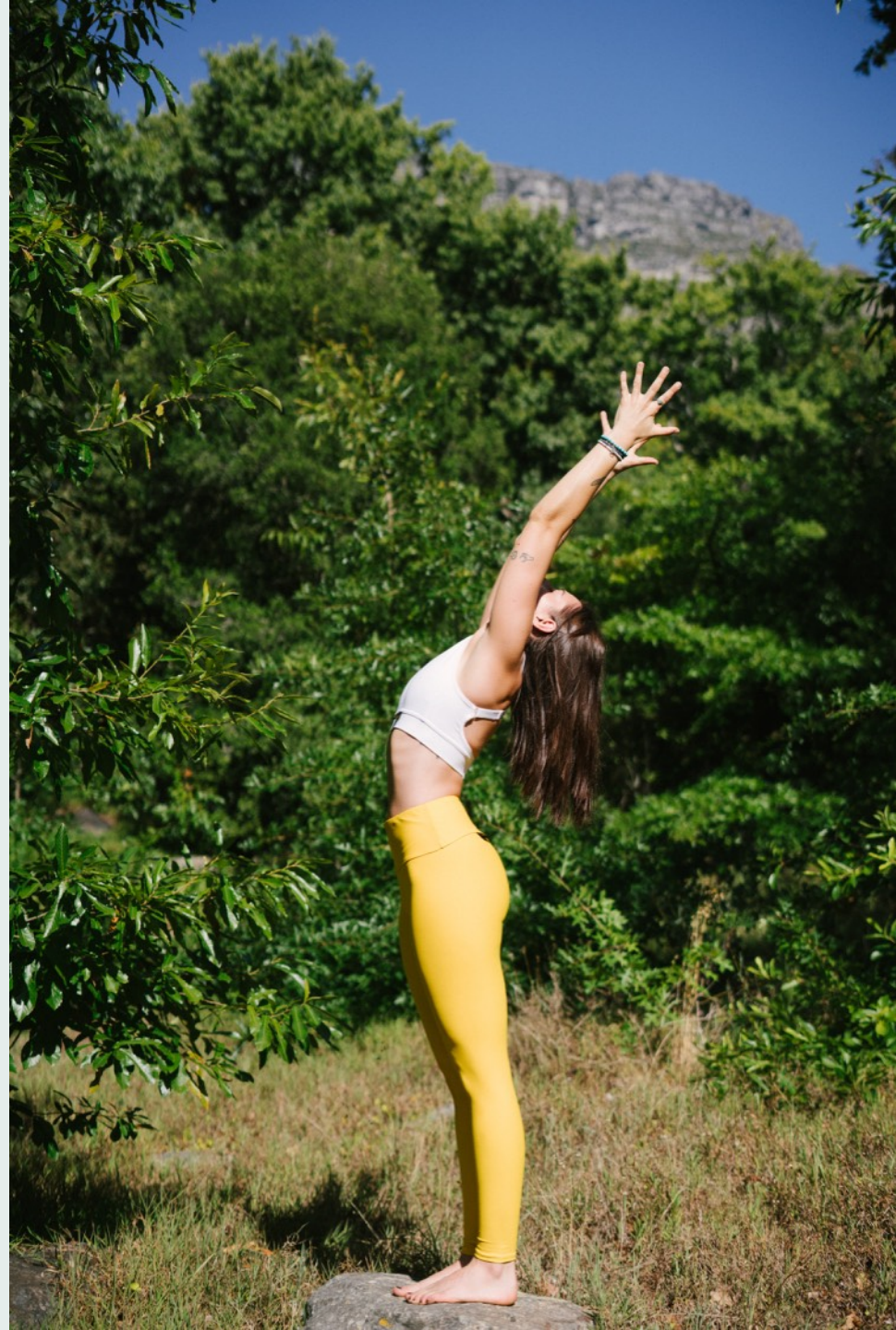
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LIVING LIGHT LAB

Introduction





Living Light's Philosophy and Practice of Yoga

Our teaching is informed by our daily practice and all the intensive training and guidance over the years by our many teachers.

Our main influences come from the non-dual Shakta-Shaiva Tantric tradition, Ayurveda, and Anusara Yoga.

Anusara Yoga is a practice of yoga that weaves together heart-oriented philosophy, biomechanically clear alignment, and an emphasis on community.

Anusara yoga classes are based on an understanding that underlying all of life is an intrinsic energy of Oneness, Wholeness, Radiance. We train our teachers to look for this goodness: in the poses, the students, in themselves, in life itself.

Each Anusara class has a heart theme or virtue, skillfully woven through the class to help the student make the connection between the poses and the greater spiritual purposes of yoga.

The classes are created to uplift and inspire the students, while also cultivating increased body and breath awareness through concise alignment principles.

Classes are designed using principles of sequencing. One of the principles includes progressively sequencing poses which encourages students of all levels to advance in their practice.

The Anusara yoga method is designed to serve students of any level of experience, age, gender, shape, race, or religion.

Yoga Immersion And Teacher Training Program

These trainings are called Cultivating the Creative Matrix of Being. The Immersion and Teacher Training are designed to help each participant access and cultivate the deep well of creativity that nourishes and animates the radiance and intelligence of our entire being.

Our philosophy and approach is based on scientific and anatomical knowledge of the body and the systems of the body. It is steeped in the Ayurvedic model of alignment with Nature to cultivate balance and radiance. The philosophy honors the classical yoga foundation, while expanding our knowledge of the Tantric philosophy of living an awakened life.

A good teacher is a someone who is passionate about learning and growing. This training program first immerses the student in practice. You will develop and deepen your personal practice and cultivate a supportive sādhana, also known as a mandala of practices to bring oneself into deepest relationship with the Self.

For those who are moved to then share this deepened knowledge of practice and philosophy with others, then the teacher training portion then teaches the art of sharing this tradition of awakening and healing and joy to others. This approach also acknowledges that most aspiring teachers are taking a teacher training in part because they desire a deepening and further integration of their practice into their lives. The immersion fulfills this desire while preparing the aspiring teacher to make their offerings from an embodied knowing of the techniques of yoga.



Immersion Dates

April 20-23 2023 (9-12:30, 2-5:30)

May 20-12 2023 (9-12:30, 2-5)

June 24-25 2023 (9-12:30, 2-5)

July 16 2023 (9-12:30, 2-5)

Aug 13 2023 (9-12:30, 2-5)

Sept 9-10 2023 (9-12:30, 2-5)

Oct 7-8 2023 (9-12:30, 2-5)

Teacher Training Dates

(includes immersion dates as well as the following:)

Nov 11-12 2023 (9-12:30, 2-5)

Dec 9-10 2023 (9-12:30, 2-5)

Jan 6 2024 (9-12:30, 2-5)

Practicum Jan 20 2024 (9-12:30)

Feb 3-4 2024 (9-12:30, 2-5)

Practicum Feb 24 2024 (9-12:30)

March 9-10 2024 (9-12:30, 2-5)

Practicum March 24 2024 (9-12:30)

April 18-21 2024 (9-12:30, 2-5:30)

Program Curriculum



Immersion

Feed your curiosity and unlock the door to your heart

We are drawn to our yoga because of the call of our heart to know more, to live our life more fully and purposefully. This training helps you cultivate and establish a deeply nourishing personal practice.

The Immersion is open to students, teachers, and aspiring teachers of any style who wish to deepen their understanding and practice of yoga.

The Immersion is an opportunity to refine one's understanding of the methodology of yoga that deepens and encourages the experience of healing, awakening, and joy in our lives.

Share your enthusiasm and dedication to your practice with good company and beautiful hearts as you deepen expand your study of yoga, in all its facets and gifts.

The Anusara Immersion is not only a powerful and deep way to deepen one's personal practice but is also the prerequisite to the Anusara Teacher Training.



Required Immersion Readings:

- Anusara Yoga Immersion Manual. We will provide this to you
- Secret Power of Yoga by Nischala Joy Devi
- Yoga Sutras of Patanjali: any translation
- Bhagavad Gita: translations by Juan Mascaro, Esnath Easwaran, or Paramahansa Yogananda
- Anatomy and Yoga: A Guide for Teachers and Students by Ellen Saltonstall

Immersion Curriculum

Techniques, Training, & Practice	Yoga Philosophy, Lifestyle, & Ethics	Anatomy & Physiology	Community
<ul style="list-style-type: none">•In-depth exploration of asana, pranayama, and mudra•Benefits & Contraindications for each asana•Variations & modifications of the poses and use of props•Universal Principles of Alignment•Secondary Principles of Alignment•Therapeutic applications of alignment•Inner body and energetics•Developing a meditation practice	<ul style="list-style-type: none">•Overview of the 3 Main Schools of Yoga Philosophy•Foundations of Non-Dual Tantric Philosophy•Ethics, as it relates to yoga practice and philosophy•The Yoga Sutras of Patanjali•The Bhagavad Gita•Yogic mythology, cosmology, and metaphysics	<ul style="list-style-type: none">•Anatomy of Spine and its supports•Hips, legs, feet•Shoulders, neck, arms, hands•Subtle Body Anatomy	<ul style="list-style-type: none">•The gift of offering: seva•Honoring difference, nourishing community•Exploring the connections between our individual self, the broader community, and the Universal

Teacher Training

When we immerse in the rich tradition and methodology of yoga, the desire to share yoga with others may burgeon forth from deep inside the heart.

This is the power of the Immersion and subsequent Teacher Training. Participants establish a deep authentic spiritual practice and then learn how to effectively share it with others.

Teaching yoga helps you bring the gifts of well-being and inspiration to others, while also deepening your own self-discovery and transformation.

The Anusara Yoga Immersion and Teacher Training offers you a path to this opportunity.



Required Teacher Training Readings:

- Anusara Yoga Teacher Training Manual. We will provide this to you
- Anusara Yoga Immersion Manual. We will provide this to you.
- Anatomy and Yoga: A Guide for Teachers and Students by Ellen Saltonstall

Teacher Training Curriculum

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Techniques, Training, & Practice	Yoga Philosophy, Lifestyle, & Ethics	Teaching Methodology
<ul style="list-style-type: none">•Continuing all of the topics that were begun in the Immersion and refining them•Principle Anusara Teaching Elements such as<ul style="list-style-type: none">•Use of voice•Linking words•Connecting action with directionality•Themes•Sequencing	<ul style="list-style-type: none">•Taking the seat of the teacher•The Art of Inspiring Others•Honoring and Cultivating Community•Ethics- in and out of the classroom•Diversity awareness and education to nourish a culture of inclusion and belonging•Our growth and healing has the incredibly powerful effect of giving us more capacity to uplift others and be more skillful and kind in our relationships in the world. We learn specific skills to live and teach this skillfulness.	<ul style="list-style-type: none">•Teaching a pose systematically•Cultivating verbal cues and skills•Connecting to the heart of the student•The Art of Skillful Adjustments and Assists•Teaching meditation and pranayama•Weaving heart themes and philosophy into the class•Developing curriculum and classes•The art and science of sequencing•Learning to read the body•Instruct students on entering and exiting the posture safely, precisely, and with clear instruction.

Teacher Training Curriculum

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Anatomy & Physiology	The Business of Yoga	Practicum
<ul style="list-style-type: none">•Refining and deepening immersion material•Applying this knowledge to the Universal Principles of Alignment•Applying this knowledge to verbal cues, assists, and sequencing skills	<ul style="list-style-type: none">•Equity practices and how to think about finances•Exploring venues and modalities to teach<ul style="list-style-type: none">•Group classes•Private classes•Online or in person•Small groups•Studio or club•Insurance concerns•Marketing	<ul style="list-style-type: none">•The Art of giving and receiving feedback•Observing and assisting•Teaching exercises<ul style="list-style-type: none">•With a partner•In small groups•With the entire cohort•Student teaching•Creating class sequences

Application Process



Tuition and Application Process



- **Step 1: Apply**
 - For those who have had at least a year of yoga experience
 - If you have a sincere desire to deepen your knowledge and practice of yoga
 - [Click here for application](#)
- **Step 2: Make Deposit**
 - Upon receipt, we'll send information on submitting your \$500 deposit. This will be used toward tuition costs
 - Payment plans are available. See following page.
 - Limited scholarships are available. See following page.
- **Step 3: Get ready!**
 - Clear your calendar for our dates together.
 - Buy the requisite materials.
 - Prepare yourself for a transformational journey of growth and heart.

TUITION

Any repeat student of the Immersion or Teacher Training applies a 50% discount to the total cost.

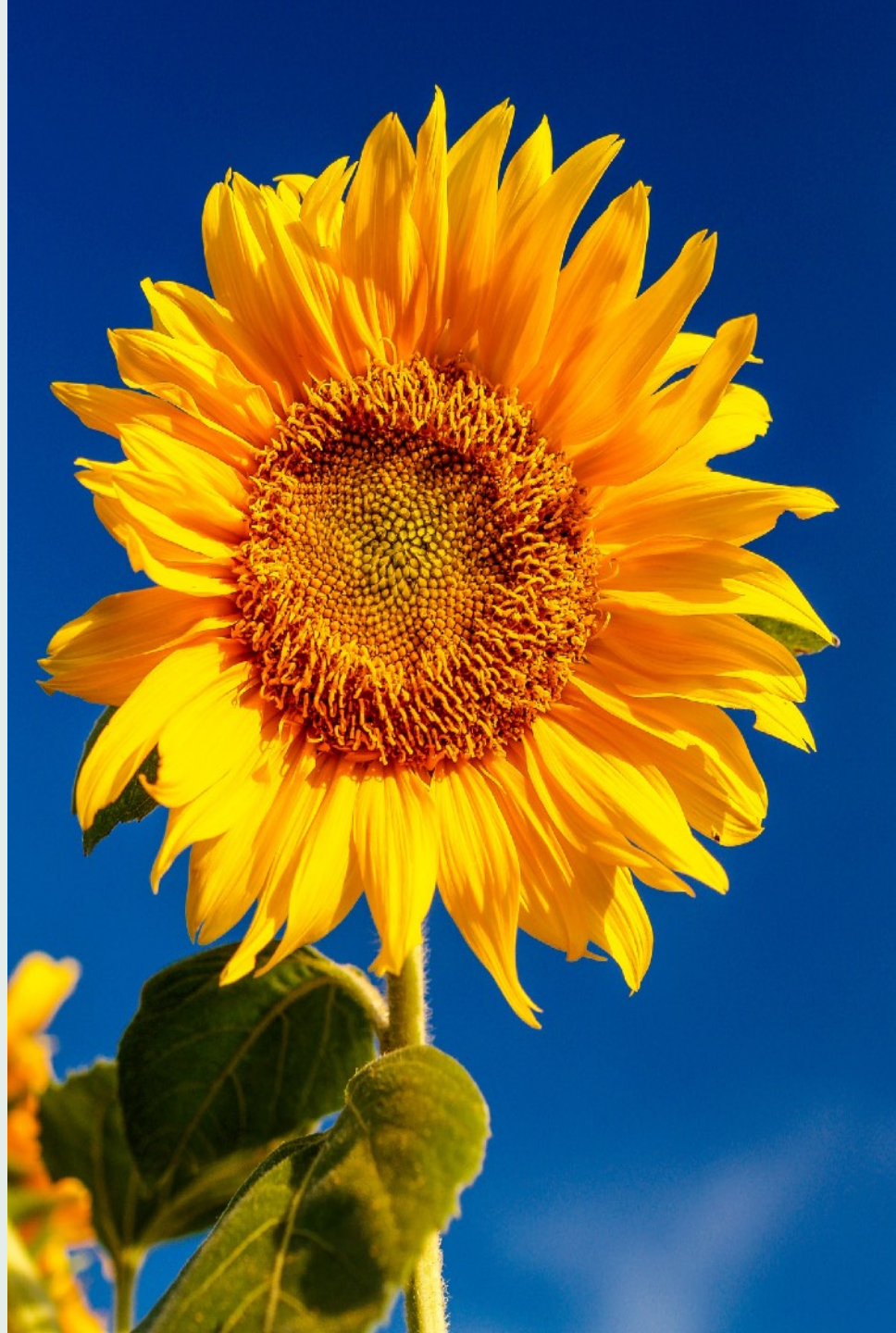
Immersion	Teacher Training	Scholarships
<p>\$1750 or \$1700 cash or check</p> <p>EARLY BIRD (by March 6th): \$1650 (\$1600 cash or check)</p> <p>Payment plan option: \$500 deposit \$255 for 5 months (total cost = \$1775)</p>	<p>\$3400 or \$3300 cash or check</p> <p>EARLY BIRD (by March 6th): \$3100 (\$3000 cash or check)</p> <p>Payment plan option: \$500 deposit \$265 for 11 months (total cost = \$3415)</p>	<p>If this is the right time for this training, but financially it is not possible, we do have a limited amount of scholarship available.</p> <p>Please email us at livinglightlab@gmail.com to inquire.</p>

Certification Requirements

Upon completion of the following, you will qualify for certification with the Yoga Alliance and for the title of Anusara Essentials Teacher:

- Completion of all 200-hr course work including homework and readings
- Attendance at all scheduled meeting times* with camera on.
- Attend required hours of yoga classes and cohort meetings
- Successfully pass written exam
- Teach yoga class with required parameters to the cohort and teachers
- Balance of tuition paid

2 absences are permitted if student watches the recording and submits a written summary of content



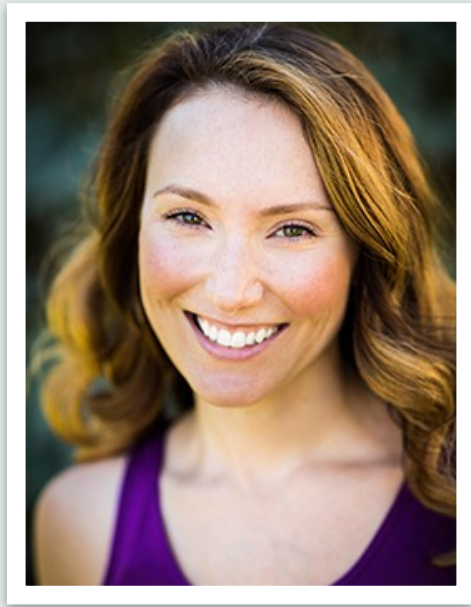
About Us



Living Light Lab

Sara Davidson Flanders and Natalie Piet have taught together for almost 20 years. Their friendship has inspired their spiritual journeys and their teachings. Students exclaim how potent their teaching partnership is, in conveying the transformative and experiential wonder of the yoga path, in ways that are compelling, accessible, safe, and empowering.

Living Light Lab is not only a name of their collaboration, but also a description of what the intent of their work in the world is- to create the opportunity for each student to discover in the laboratory of their own body and mind, the living radiance and luminosity that is at the center of each of us. Through scientific as well as artistic explorations in the matrix of the Self, Natalie and Sara guide each student to experience the yoga gifts for themselves.



Natalie Piet

Program co-director and co-founder

Natalie Piet E-RYT200, is a Certified Anusara Yoga Teacher and Ayurvedic Inner Medicine Practitioner. She shares Meditation, Yoga, and Ayurvedic Medicine to help students improve their health as a gateway to higher consciousness. Natalie delights in the journey of aligning with nature both on and off the mat, and in helping others reveal the innate goodness and radiant health that is the essence of life. Dedicated to the study and practice of Ayurveda in the Wise Earth tradition and in the Shakta-Shaiva Tradition, Natalie is a teacher of Neelakantha Meditation as authorized by Blue Throat Yoga. She is also a Certified Massage Therapist (CMT) and Ayurvedic Counselor with thousands of hours of training in the healing arts in the US and Southeast Asia. Her group classes are filled with poetic language, philosophy, and language. She offers private yoga and meditation classes as well as one-on-one Ayurvedic consultations to bring body, mind, and spirit into balance and harmony.



Sara Davidson Flanders

Program co-director and co-founder

Sara Davidson Flanders, E-RYT500, YACEP, began her study of yoga and meditation in 1992. Her extensive āsana training includes Anusara, therapeutics, vinyasa, ashtanga, and prenatal yoga. In 2007, she became a Certified Anusara Yoga Teacher. Sara holds a Bachelor's degree in Religious Studies. The first chapter of her meditation journey was immersive studies that included 4 years in residential meditation centers. Then in 2007, she met her teacher Paul Muller Ortega, and has been practicing and studying in the tradition of the non-dual Shakti-Shaiva Tantric tradition ever since. She is an authorized teacher of Neelakantha Meditation, as taught by Blue Throat Yoga. Her yoga and meditation teachings and trainings clarify the various streams of yoga lineage and tradition, through wisdom texts and practices. Sara is a storyteller who brings the ancient teachings alive and reveals their astonishing and compelling relevancy for our modern lives.

Testimonials

“Thank you for your expert teaching and preparation. I have officially begun my career because of your teaching. You told us we would be ready and I truly felt ready!” –EB.

“Your eloquent teaching brought me to tears today. It was so freaking amazing to see the effect of your teaching in the students. I feel overwhelmed with gratitude as I finish this training and move toward teaching. Thank you from the bottom of my heart.” -MK.

I want to express just how much I have enjoyed this training. I know it will make me a better teacher. And I can't wait for more! –RN.

“Your speaking about the sacredness and the miracle of this body and this life was so beautiful. It made the yoga so much richer to be in that place of reverence for this mystery of life with all its mystery and magic. I just love how you weave beautiful poetry into asana. Thank you.” – RF