

## **ANUSARA TEACHER TRAINING**

**LEVEL I**

**30 HOURS**

**APRIL/MAY 2010**

*On the track to becoming Anusara Inspired or Certified? Become the best teacher you can be. It starts right here with Level 1 Teacher Training. Find your authentic teaching voice from the heart with Amber Huttner, certified Anusara yoga teacher. One of Amber's many gifts is her ability to impart knowledge and skills to her students. She wants you to succeed and does everything possible to see that you understand, practice and assimilate the skills necessary to become the best teacher you can be.*



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### **Anusara Yoga Teacher Training Level 1**

#### **30 Hour Teacher Training Part 1**

**Dates:** Thursday, April 16, Friday, April 17, Saturday April 18  
Friday, May 7, Saturday, May 8  
Thursday, May 27, Friday May 28, Saturday, May 29

**Times:** Thursdays and Fridays from 6:00 – 9:00pm  
Saturdays from 10:00 a.m. — 4:30 p.m.

#### **In this training you will**

- + Find your authentic voice – speak from confidence born of knowledge and inspiration
- + Learn to establish and weave a heart-felt theme with authenticity
- + Achieve clarity in demonstrations
- + Learn to respectfully adjust physically and verbally
- + Learn to sequence effectively

**Cost:** \$675.00

Please call Amber Huttner for more information at 952.913.6557

**Good Life Yoga**  
**18285 Minnetonka Boulevard**  
**Deephaven, MN 55391**  
**952-913-6557**  
**amber@goodlifeyoga.com**

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