



# Awake & Ready!

October 2013

Newsletter of the Ananda Yoga Teachers Association

## A New Way to Support You

By popular demand, this and the next several issues of *Awake & Ready!* will link to brand new video review modules for teaching Ananda Yoga. Each is only 10–15 minutes long and covers key elements of how to teach Ananda Yoga. The videos are available at Vimeo.com. The [first one](#) is on sequencing; the password to watch the video is AYTTrm (it's case-sensitive).

After you watch, please take a few minutes to leave your feedback on the Vimeo website, as well as your suggestions for future video modules of this sort. Thanks so much for your suggestions!



Nayasuami Gyandev  
Director, Ananda Yoga

## Time-Sensitive: Yoga Therapy Update

We'll say it one last time: if you want an easier, quicker—and cheaper—way become an Ananda Yoga Therapist *and* be credentialed by the International Association of Yoga Therapists, *you need to begin your yoga therapist training in 2013*. [Click here](#) for details.

## Did You Know?

You already know from the fundraising emails you've received—and we hope, responded to—about Gyandev's book, *Spiritual Yoga: Awakening to Higher Awareness*, and *The Ananda Yoga Series* of DVDs. The book and Volume 1 of the *Series* will be available in November. What you might not know is that many Ananda YTTers have played—and in some cases, continue to play—important roles in these projects:

### The Making of *Spiritual Yoga*

First of all, the book's four asana models are all members of AYTTr faculty: Melody Hansen (also on the cover), Badri Matlock, Barbara Bingham, and

Gyandev. Barbara, a professional photographer as well as our fun-loving AYTTr Anatomy & Physiology teacher, also did all the photography for the book.

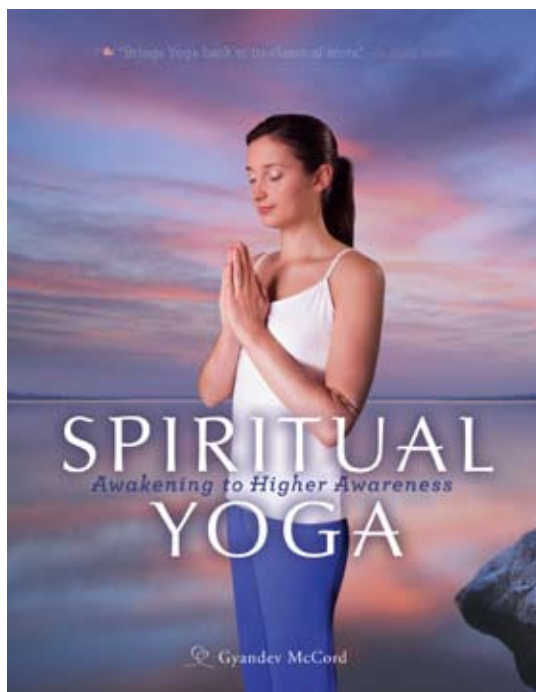
The book has already received many positive reviews, including this one from Dr. David Frawley (Pandit Vamadeva Shastri):

*Spiritual Yoga brings Yoga back to its classical roots as a beautiful art and transformative science of Self-realization. Gyandev McCord shows brilliantly how to integrate Hatha Yoga into the greater practice of Raja Yoga and deep meditation. The book highlights the enduring importance of the teachings of Paramhansa Yogananda as one of the most authentic guides for Yoga in the West and for the entire world.*

And this from Larry Payne, PhD:

*A wealth of knowledge for teachers and students. Highly recommended.*

Here's a [link](#) to the first chapter.



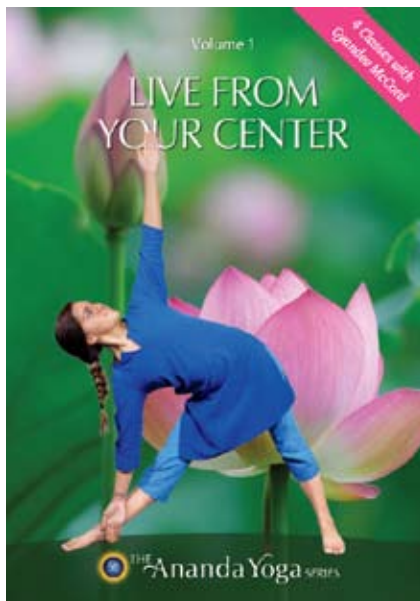
Darshana (Cristina) Panait (AYTT Autumn 2012), Crystal Clarity's production manager, is charged with the actual publishing of both the book and *The Ananda Yoga Series*. And Avital Miller (AYTT Autumn 2004), as Crystal Clarity's marketing director, will make sure the world knows about these groundbreaking resources for yoga teachers and practitioners.

### The Making of *The Ananda Yoga Series*

Credits begin with Willow Kushler (AYTT Winter 1998), who served as the director, art director, backdrop visionary, costumier, and supplier of crew refreshments. Here are Gyandev's on-camera asana assistants, listed by the volume on which they appear:

1. Carolina Altamirano (AYTT Summer 2011)
2. Phouvang Sengmany (AYTT Spring 2010)
3. Claudia Funari (AYTT Autumn 2010)
4. Jacqui Farless (AYTT Spring 2004)
5. Badri Matlock (AYTT Faculty)
6. Carolina Altamirano (AYTT Summer 2011)
7. Rebecca Tolin (Expanding Light Karma Yogi)
8. Rose Atwell (AYTT Summer 2004)
9. Cory Robinson (Expanding Light Karma Yogi)
10. Gita Matlock (Bridge to Ananda Yoga 2012)
11. Avital Miller (AYTT Autumn 2004)
12. Melody Hansen (AYTT Faculty)

Helping to blend all of this together is Colleen Hennessy (AYTT Autumn 2012), our fearless—and highly capable—video editor.



Unceasing thanks to all these great souls for their help in making this happen.

And whether or not you are able to contribute monetarily, please keep these projects in your prayers. They have the potential to help many, many people.

## Complete 2013-2014 Calendar

10% discount on Level 2 and Yoga Therapy courses for AYTA members. If you need financial aid, please contact The Expanding Light for an application.

- ★ = required for Level 2 AYTT certification and for Level 2 Yoga Therapy Certification
- ★ = required for Level 1 Yoga Therapy Certification
- ★ = required for Level 2 Yoga Therapy Certification

### 2013

- 10/18–27 ... ★★ [Meditation TT—Level 1](#)
- 12/1–4 ..... ★ [Yoga Therapy Training for Seniors and Osteoporosis](#)
- 12/4–7 ..... ★ [Restorative YTT](#)

### 2014

- 3/9–16 ..... ★ [Principles of Yoga Therapy](#)
- 3/16–19 ..... ★ [Yoga Therapy Training for Seniors and Osteoporosis](#)
- 3/21–30..... ★★ [Meditation TT—Level 1](#)
- 4/12–26 ..... ★★ [AYTT Assistantship](#)
- 6/8–15 ..... ★★ [The Essence of the Bhagavad Gita](#)
- 6/13–20 ..... ★ [Principles of Yoga Therapy](#)
- 6/15–22 ..... ★★ [Advanced Pranayama](#)
- 6/22–29 ..... ★★ [The Essence of the Yoga Sutras](#)
- 6/20–29 ..... ★ [Musculoskeletal Yoga Therapy](#)
- 6/27–7/6.... ★★ [Meditation TT—Level 1](#)
- 7/13–26 ..... ★★ [AYTT Assistantship](#)
- 8/31–9/7 .... ★ [Meditation Solutions: Inner Tools for Real-Life Issues](#)
- 9/9–14 ..... ★★ [Spiritual Counselor Training](#)
- 9/14–19 ..... Ananda Holistic Health Teacher Training (web page available soon)
- 10/5–9..... ★ [Ayurveda and Yoga Therapy](#)
- 10/10–17.... ★ [Yoga Therapy Specialties I](#)
- 10/17–26 ... ★★ [Meditation TT—Level 1](#)
- 12/7–10..... ★ [Yoga Therapy Training for Seniors and Osteoporosis](#)
- 12/10–13 ... ★ [Restorative YTT](#)