New Names and New Successes

It’s official: Ananda’s teacher training courses in Ananda Yoga®, Ananda Yoga® Therapy, and Ananda Meditation™ are now under the wing of the new Ananda School of Yoga & Meditation™. Don’t worry; there’s no change in location, because the Ananda School of Yoga & Meditation is part of The Expanding Light. It’s simply an easier, more descriptive term to use for the auspices under which those trainings are offered.

Speaking of which, more and more people are taking these trainings! For starters, we’re seeing more enrollments in Bridge to Ananda Yoga, an 8-day program (with post-program work at home) that enables Yoga Alliance RYTs can enter Ananda’s Level 2 YTT and Yoga Therapy Training tracks.

Also, Ananda Yoga Therapy Training (YTx) has become one of the few programs approved by the International Association of Yoga Therapists (IAYT). Hats off to Nayaswami Mangala, who directs Ananda’s YTx efforts, and to Maitri Jones, who is currently being shared (stretched would be a better word for it!) by both the YTT and YTx worlds.

And Nayaswami Diksha, who directs Ananda Meditation Teacher Training, has substantially upgraded and magnetized the Level 1 and Level 2 MTT courses. Enrollments are up, as are the teaching opportunities after graduation.

Getting It “Right”

People often ask why, in Ananda Yoga, do we often roll onto the right side when coming out of deep relaxation. Why the right side instead of the left? Does it matter?

In fact, yoga teachers from many other styles and traditions also do this. There are various rationales for this—some better than others. AYTT grad Devaki Soupios recently called our attention to an especially good one—and it’s an especially “Ananda” rationale. Check it out.

Taking God Out of “God”

We hear it often from Ananda Yoga teachers and teacher trainees: “What should I do about the word ‘God’ in the asana affirmations? What if I’m teaching in a place where that word isn’t welcome.”

Kyle McDonald (West Kingston, RI; AYTT Nov 2010) understands. As a Kriyaban and part of the leadership team at the Ananda Centers in Hopkinton and Providence, Rhode Island, she’s not shy about God, but she recently found herself in two environments where that word presented some difficulties. Here’s what happened.

New AYTT Review Module: Pranayama

The latest video is now available. It’s on teaching pranayama, which, although not as complex as teaching asanas, does call for a few important points to be made, and cautions to be observed. It’s about 12 minutes long.

Here’s the current list of modules (there will be more):

1. Sequencing an Ananda Yoga class
2. Pacing an Ananda Yoga class
3. Challenging Your Students
4. Teaching Pranayama

Each module is less than 15 minutes long. All of them have the same password: AYTTrm. The password is case-sensitive.
And the winner of Ganesha is …

Do you remember the surprise drawing on the last evening of AYTT, when for a few tense moments you feared that you’d have to lead sadhana the next morning? Well, Michelle Dossett (Brookline, MA; AYTT Aug 2014) has a story almost like that, except she volunteered … sort of.

Note to grads from long ago: That drawing is a practical joke. It’s not really about leading sadhana; instead, the winner gets a small statue of Ganesha.

Goodbye AYSutra, Hello YTSC

The AYSutra Q&A email forum rarely gets used anymore, so it’s been retired. But there’s still a way for you to ask questions: Go to the Yoga Teacher Support Center and click the “Ask a Question” link in the right-hand column. Our YTT or YTx staff will answer you quickly. And if you’d like to ask a question of all AYTA members, simply include in your question a request that it be distributed throughout AYTA; we’ll be happy to do it, and we’ll distribute the answers as well.

2014–2015 Level 2 & YTx Courses

AYTA members receive a 10% discount on Level 2 and Yoga Therapy courses. For more financial help, contact The Expanding Light for an application: info@expandinglight.org or 800-346-5350.

★ = 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

2014
3/1–8.......... ★Yoga Therapy Training: Principles
3/9–12 ....... ★Yoga Therapy Training: Seniors and Bone Health
3/12–15 ......★Restorative YTT
3/19–29 ...... ★★Meditation TT—Level 1
4/5–18 ...... ★★AYTT Assistantship
5/30–6/5.... ★★ The Essence of the Bhagavad Gita
6/7–14 ...... ★★Advanced Pranayama
6/14–20 ...... ★★ The Essence of the Yoga Sutras
6/14–21...... ★★Yoga Therapy Training: Principles
6/21–30...... ★★Yoga Therapy Training: Musculoskeletal 1
6/25–7/5.... ★★Meditation TT—Level 1
7/12–25 ..... ★★AYTT Assistantship
8/26–31...... ★★Yoga Therapy Training: Psychology & Mental Health
9/3–13 ...... ★★Meditation TT—Level 1
9/15–19...... ★★Yoga Therapy Training: Ayurveda
9/20–27 ......★★Yoga Therapy Training: Health Challenges I
11/17–22.... ★★Spiritual Counseling Training
11/30–12/3 ★★Yoga Therapy Training: Seniors and Bone Strength
12/3–6 ...... ★★Restorative YTT

2015
3/1–8........ ★Yoga Therapy Training: Principles
3/9–12 ...... ★Yoga Therapy Training: Seniors and Bone Health
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9/20–27 ......★★Yoga Therapy Training: Health Challenges I
11/17–22.... ★★Spiritual Counseling Training
11/30–12/3 ★★Yoga Therapy Training: Seniors and Bone Strength
12/3–6 ...... ★★Restorative YTT

And now for a new feature: larger photos (with names) of graduating AYTT classes. It’s amazing how it’s taken so long to start doing this.
Bottom (l–r): Gyandev, Virginia Reinauer (Redmond, WA), Meg Helms (Paradise, CA), Michelle Katz, Mini Bentley (Charleston, WV), Ashley Wasson & Cappy Franti (Nevada City, CA); Row 2: Maitri, Libby Morphy (Martinez, CA), Stephanie DeJesus (Bellport, NY), Audrey Steele (Hayfork, CA); Top: Ma’latii Hamilton (Santa Rosa, CA), Badri, KJ Peterson (Shenandoah Junction, WV), Mayra Padilla, DeAnna Gurich (Sonoma, CA), Ivy Pera (Nevada City, CA), Diksha

Bottom (l–r): Jin Park (Redwood City, CA), Bharati Burger (La Quinta, CA), Bianca Burton (Volcano, CA), Cristina Moffa (Studio City, CA), Nikki McGillagreen (Troutdale, OR), Maitri; Row 2: Paula Coelho (Jackson, CA); Row 3: Diksha, Satyavati Newton (New Braunfels, TX), Michelle Dosset (Brookline, MA), Carmen Ganne (Regina, SK), Carl Anderson (Tacoma, WA); Top: Melody, Badri, Kristen Freeman (Columbia, MO), Ceceu Alckmin (Santa Rita de Sapucai, Brazil), Gyandev