



About Anusara

Founded by John Friend in 1997, Anusara Yoga® is a uniquely powerful hatha yoga system that unifies a Tantric philosophy of intrinsic goodness with Universal Principles of Alignment. Currently, Anusara Yoga is one of the most popular and fastest growing yoga styles in the world with over 1200 affiliated teachers and 100,000 students world-wide. Anusara classes can now be found throughout the United States with a growing presence in Canada, Mexico, the UK, Europe, Australia, and Japan. It has been featured in media worldwide including a 2004 Yoga Journal cover story, CBS national news in the US, and a variety of newspapers and magazines in North America, the UK, and Europe.

Anusara™ means “Flowing with Grace”, and emphasizes remembering the spiritual purpose of yoga: reconnecting with the innate goodness and beauty inside every one of us and expressing ourselves from that divine place. Anusara’s remarkable popularity is due in large part to its uplifting philosophy, epitomized by a “celebration of the heart,” that looks for the good in all people and things. Consequently, students of all levels of ability and yoga experience are honored for their unique differences and limitations. This life-affirming vision sets the basis for a yoga system in which the harmony and joy of a tightly knit community is exulted. Not only is Anusara an elegant system of alignment principles and non-dual philosophy, but it is a wonderful community of highly trained teachers and fun-loving students. This community feels like it has the tightness of a family, yet the looseness of a merry band of bohemian artists.

Anusara Yoga is a spiritual practice that incorporates Universal Principles of Alignment into a wide variety of postures and breathing exercises. Anusara Yoga also incorporates a variety of spiritual practices including meditation, chanting and scriptural study. Each pose is considered an artistic expression of the heart that integrates precise alignment, balanced action and deep feeling.

As an organization, Anusara is well-networked and organized, yet there is a strong emphasis on creative freedom and individuality. Anusara is held together by everyone’s implicit alliance to the spiritual principles of Anusara philosophy, such as celebrating beauty in all its diversity, truthfulness, and honoring the creative freedom of the Divine in all beings. Everyone is very attuned to the truth that Grace plays the key role in the successful flow of their practice, classes, and the organization itself. Without a rigid dogma, the system is open to continual change and restructuring. Self-examination, scrutiny, discovery, and openness to new ideas are foundational to this dynamic system. Individual creativity and investigation are always supported and encouraged within the bounds of the basic principles and philosophic precepts of Anusara Yoga. Anusara grows with harmony and integrity through the combined vision of our Anusara Yoga teachers to serve each student and help them unveil his or her innate goodness, worthiness, and supreme nature.

John Friend is one of the most charismatic and highly respected hatha yoga teachers in the world. Blending an uplifting Tantric yoga philosophy with an entertaining sense of humor and a profound knowledge of biomechanics, John's teaching style guides each student to live every moment fully from the heart. Students often comment in amazement that they can perform their yoga poses under John's guidance with a level of creative freedom and inner power that they have never experienced before. Above all, John respects and honors his students with a great deal of loving-kindness and inspires them to see their own unique beauty and divine goodness.

To learn more about John Friend and Anusara Yoga and to view the 2005 schedule, please visit www.anusara.com or call toll free 888-398-9642 or local (281) 367-9763.