



## Methodology

The Anusara Yoga method is distinguished by the integration of several elements which are common in every class:

- The Tantric philosophy of intrinsic Goodness underlies the methodology of teaching Anusara Yoga. Consequently, Anusara Yoga teachers, first and foremost, look for the good in all things, especially within themselves and their students. Anusara Yoga teachers help enhance and reveal the beauty and Divine qualities that are already present in the students' poses. They do not try to "fix" or "correct" students' alignment. Instead, they are dedicated to serving each student and helping them unveil their innate goodness, worthiness, and Supreme nature. Furthermore, Anusara Yoga teachers are committed to helping build and empower each student's self-esteem, while inspiring light-heartedness, playfulness, and joyful creativity within the yoga practice.
- Each class begins with an invocation or centering as a devotional recognition of the grace bestowing power of universal Spirit within and around us.
- Each class has a heart-oriented theme, which has a meaningful connection to the grand spiritual purposes of the asana practice. The theme usually centers on cultivating a virtue—a quality of mind or heart, which is a microcosmic reflection of our Divine nature. Each theme gives a direction for the attitudinal energy that infuses every action and breath in the poses. Effectively, all the poses in Anusara Yoga are expressed from the "inside out."
- An elegant, concise set of alignment principles called the "Universal Principles of Alignment" is applied to each asana in the Anusara method. A central idea within the Universal Principles of Alignment is the 3 A's: Attitude, Alignment, and Action. This refers to a foundational concept within the Anusara method in which every pose is infused with a meaningful intention connected to the grand purposes of yoga, awareness of specific postural alignment, and balanced action between stability and freedom. The specific principles include Muscular Energy and Organic Energy, which are the two complementary forces that provide each pose with a balanced action. Other alignment principles include Spirals and Loops, which help to bring refinement and precision to each pose.
- Movements and actions within every pose are coordinated with the breath.
- Postural alignments in each pose are checked in reference to the Universal Principles of Alignment. The teacher then gives adjustments verbally and physically to the students in order to enhance their poses.

- Poses are modified or supported with props if necessary to help each student achieve the general form of pose.
- Postural demonstrations may be used when necessary to clarify alignment instructions.
- The Anusara method is designed to serve students of any level of experience or ability, from children to seniors, and students with special therapeutic needs to advanced practitioners.
- There are over 250 poses that compile the syllabii of Anusara Yoga asanas. This syllabus encompasses all the poses that are commonly practiced in the foremost hatha yoga styles throughout the world. The syllabus covers all of the key asanas within the major classifications of poses: standing poses, backbends, forward bends, twists, hand-balancings, inversions, and restoratives.
- Practicing variations of the basic poses is encouraged as a full expression of the human spirit.
- Although there are no set postural routines in Anusara Yoga, classes are designed using principles of sequencing. One of the principles includes progressively sequencing poses to help students of all levels advance in their practice.
- Classes are concluded with Savasana or meditation or a quiet centering in order to help better assimilate the teachings and honor the spiritual experience of the class. Students are left with a blessing or a reminder on how to continue to embody the heart theme "off the mat" in their daily life.
- Ultimately, we want each student to leave an Anusara Yoga class feeling better about him or herself, empowered by the revelation of his or her Divine nature.