



# ALL THAT Matters

yoga + holistic health centers

*Inner peace leads to  
world peace and that is  
all that matters.*

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## LOCATIONS

315 Main Street  
South Kingstown, RI

63 Cedar Avenue  
East Greenwich, RI

128 N. Main Street  
Providence, RI

[www.allthatmatters.com](http://www.allthatmatters.com)



## CURRICULUM

### ANUSARA® SCHOOL OF HATHA YOGA 200-HOUR YOGA TEACHER TRAINING WITH SARA DAVIDSON FLANDERS

#### TECHNIQUES, TRAINING, AND PRACTICE

- Asana, pranayama, meditation, mudra
- Universal Principles of Alignment®
- Secondary Principles of Alignment®
- Inner body and energetics
- Use of breath
- Principal Anusara Teaching Elements (use of voice, linking words, connecting action with directionality, themes, sequencing)

#### TEACHING METHODOLOGY

- Teaching a pose systematically
- Cultivating verbal cues and skills
- Connecting to the heart of the student
- The art of skillful adjustments and assists
- Teaching meditation and pranayama
- Weaving heart-centered themes and philosophy into the class
- Developing curriculum
- The art and science of sequencing
- Learning to read the body

#### YOGA PHILOSOPHY, LIFESTYLE AND ETHICS

- Taking the seat of the teacher
- The art of inspiring others
- Honoring and cultivating community
- Ethics — in and out of the classroom
- Diversity training

#### ANATOMY AND PHYSIOLOGY

- Refining and deepening immersion material

#### THE BUSINESS OF YOGA

#### PRACTICUM

- The art of giving and receiving feedback
- Observing and assisting
- Student teaching and practice exercises

*Anusara yoga is compatible with most styles of yoga.*

## REQUIRED READING & RECOMMENDED READING

### REQUIRED READING

- *Secret Power of Yoga* (by Nischala Joy Devi)
- *Bhagavad Gita* (translation by either Paramahansa Yogananda, Juan Mascaro, or Eknath Easwaran)
- *Anatomy and Yoga: A Guide for Teachers and Students* (by Ellen Saltonstall)

### RECOMMENDED READING

- *Yoga Sutras of Patanjali* (any translation)
- *Tantra Illuminated* (Christopher Wallis)
- *Light on Yoga* (BKS Iyengar)

*Please note most of these books are available at The Store at All That Matters.*

## SCHEDULE

### TRAINING SCHEDULE

This 6 month training runs January 12, 2019 – June 16, 2019 and takes place over 12 required weekend intensives. Complete attendance at all weekend modules is mandatory, and all requirements must be fulfilled for certification.

### TRAINING DATES AND HOURS

**DATES:** Jan 12–13, Jan 26–27, Feb 9–10, Feb 23–24, Mar 9–10, Mar 23–24, Mar 30–31, Apr 13–14, Apr 27–28, May 11–12, Jun 1–2, Jun 15–16

**HOURS:** Saturdays, 12pm–8pm; and Sundays 11:15am–6pm.

*All training weekend sessions are held at our Providence location.*

## TUITION AND BENEFITS

### TUITION OF \$2,700 INCLUDES

- 12 weekend intensives with Sara
- Teacher Training manual and supplemental materials
- One-on-One mentoring with Sara
- Practice Teach sessions in a group setting
- Observation of 3 yoga classes with Sara at All That Matters
- Attendance of 9 yoga classes with Sara at All That Matters

**Questions about this training and curriculum?** Contact Sara Flanders ([saradflanders@me.com](mailto:saradflanders@me.com)) or attend one of the free informational talks. Check the website for details: [www.allthatmatters.com](http://www.allthatmatters.com).

**REPEAT STUDENTS:** If you have taken this training with Sara or another Anusara® Certified yoga teacher and would like to repeat it, please contact Sara Flanders ([saradflanders@me.com](mailto:saradflanders@me.com)).

*Payment plans are available. For details, see “Payment Options” section of the application.*

