



Ross Rayburn | Anusara Yoga



## **YOGA BOOTCAMP:**

*A Teacher Training Intensive designed for Teachers who have been trained in the Anusara Yoga Method.*

**Saturday, April 4<sup>th</sup>  
at 9:00 am**

This six-hour teacher training intensive will provide all levels of teachers from newly graduated teachers to Certified Anusara instructors, a chance to have their teaching reviewed in much the same way that a video is reviewed for Anusara Certification.

The morning session will consist of a 2-hour round-robin style class taught to the other trainees during which Ross will offer guidance and critiques throughout on a stop and start basis.

The afternoon session will also consist of a round-robin teaching but will be for a public class with students brought in for the first part of the afternoon session.

The public students will then leave and the final hour will be more feedback on your teaching.

Cost: \$100

To Register: Email Lara Demberg at:  
vikasastudio@gmail.com

Location: Vikasa Studio  
69-71 Main Street  
Cold Spring, NY

914-323-8040

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

### **About Ross:**

Widely regarded as a teacher's teacher, Ross has taught numerous Anusara Yoga teacher training programs, immersions and workshops throughout the world. He began teaching in 1999 and was certified by John Friend in 2003. Because of his enthusiastic and inspiring teaching style, Ross is able to create a setting highly conducive to learning, experimenting, discovering and growing. Aside from the tone he sets for class, Ross is also known for communicating the principles of Anusara with clarity, and weaving these principles into a challenging practice that connects all levels of students to their highest potential. Ross most recently had the honor to teach at the Anusara Grand Gathering in Estes Park.

To read more about Ross go to: [www.rossrayburn.com](http://www.rossrayburn.com)