



STEADFAST FREEDOM YOGA

**March 15, 2009: 30 Years Old – Applying for Anusara Certification:
Brooklyn, NY**

One page explanation of my reasons for applying for Anusara certification:

Since 2001, I have been on a magical journey of discovering the powerful and transformational practice of Anusara Yoga. After studying and teaching this extremely effective system of yoga, it is clear to me that it is my highest dharma to be a certified teacher. I am applying for certification so that I can dive deeply into refining my teaching skills, and so I can effectively offer the most skillful service possible to help my students connect to their innate goodness.

I am applying for certification to become more tightly woven into a community of friends and colleagues, who all share a similar vision, that life at its essence is goodness.

I have spent almost half of my life preparing for this moment where I align with my deepest challenges and truths. I am humbled by the great teachers in our community, and am totally open and receptive to learn and grow from their feedback.

It is truly an honor for me to teach yoga, and becoming certified in Anusara represents my dedication to the journey of learning how to help people step fully into the light of their hearts. The high level of integrity of the teachers in our system inspires me to join the ranks of the most talented teachers in the world. I have waited patiently for many years, working to cultivate the skills and knowledge to start the certification process, and now I am ready to begin.