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# Living Authentically

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What it takes to become a Yoga Teacher



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*1st Edition*

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# Introduction

## *Yoga Teacher Trainings*

*“The most important relationship we can all have is the one you have with yourself, the most important journey you can take is one of self-discovery. To know yourself, you must spend time with yourself, you must not be afraid to be alone. Knowing yourself is the beginning of all wisdom.”*

*~ Aristotle*

Yoga has become incredibly popular in the West, go to any city or town and your bound to find at least one yoga studio. Social Media has also inundated us with a convoluted understanding of yoga and the yoga teacher, focusing merely on the material; who is the most flexible, who looks the best in tight clothes, who can contort their body the most?

Despite this somewhat discouraging westernized yoga scene, the true essence of this ancient practice still lives on and continues to inspire and change the lives of millions.

When we can embody yoga beyond the physical postures and learn to integrate the wise teachings of the east into our western lifestyles, we will no doubt be able to become a great teacher of yoga. Whether that is on or off the mat.

To take a teacher training, it does not matter whether you're a beginner or an expert. What matters is if you're ready to start discovering a truer and more authentic you. This path takes work and we cannot be so ignorant as to assume that the yoga teacher training is the finish line in our yogic path. In actuality, the teacher training is just the beginning.

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To become a good yoga teacher does not mean that we need to have years of experience or to be an expert at all of the poses. To be a good yoga teacher means to be have a real love of the

practice and a dedication to sharing your love with others.

Taking a yoga training and embarking on your yogic journey is not an easy ride. In order to really embody the teachings of yoga there will be many times in our lives where we will have to face some incredibly ugly things about ourselves and others. However, if we can stay committed to the path, despite our pitfalls, we are bound to emerge a more whole and happy person.

Embarking on your yogic journey is not an easy ride. However, if we can stay committed, we are bound to emerge a more whole and happy person.

In its truest essence, yoga can be a powerful means to transform and harmonize the supposed 'opposing' parts of ourselves. Yoga is an invitation to go beyond our limitations and to be open to all experiences. In a Teacher Training you have the opportunity to immerse yourself in this way of living and to take home some very practical tools which can be applied to our every day lives.

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To become a yoga teacher one must be ready to make a life long commitment of unravelling their conditionings in order to live more authentically from the heart. When we can do this, we begin to come into each day living our lives fully free, uninhibited by our personal sufferings.

## Chapter One

# This Isn't the Finish Line

## *The Beginning of your Journey as a Yoga Student*

A common mistake that people make when they're coming into a Yoga Teacher Training is that they believe that the training is some sort of finish line. In fact, it is people who come in with this kind of belief that have the most difficult time. There is an air of arrogance that prevents them from being open up to receive the teachings and even to discover new things about themselves.

It is actually those who come in knowing that they are a student, no matter how long they have been practicing or how many trainings that they have done that end up receiving the most.

It is actually those who come in knowing that they are a student...that end up receiving the most.

When a yoga teacher is able to recognize that they will never stop being a yoga student, they are able to more easily integrate the lessons that yoga has to teach us. Yoga teachers who are always ready to learn actually teach us the most. Even the greatest enlightened yoga masters still revered and bowed to their teachers.

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A good yoga teacher is able to see that after their training they're yoga studies do not end. These teachers are able to see the potential to deepen their understanding of yoga in even the most unexpected persons; the smiling guy outside begging for money, the old lady on the bus, the angry guy who lives in the apartment across the hall, whatever (learn more about what the heck we might be talking about in *Chapter 4 - Taking Yoga off the mat*).

Teaching Yoga is a life long process, if we can remember that we are always a beginner, a sense of humility will remain with us that keeps our classes, our relationships and our lives fresh, new, and enlivening.

## Chapter Two

# It's in the Heart

## *Anyone Can Do It*

When I decided to go to my first Yoga Training, I had never even been in a Yoga Studio. I'd read a lot about Yoga but never had a teacher. I practiced at home, "tried" to meditate and I was basically just stretching to 'chill the F\*\$% out'. I'd never realized that it had the potential to transform me into a better, happier person.

When I decided to go to my first Yoga Training, I had never even been in a Yoga Studio.

I knew very little about Yoga Trainings before joining one. Upon arrival I was introduced to the world of 'Western Yoga'. I quickly learned that crazy patterned pants were cool and we needed to 'om' before starting or finishing classes. It was a month long intensive, it was a whirl wind, it was beautiful, it was terrible and it was the stepping stone into what has now become my entire life — although now I can enter and exit a room without having to 'om'.

Many people in my training had been studying for longer, had taken more classes, knew more sanskrit terms and had cooler yoga pants. All I knew was that I felt best after practicing Yoga and all I wanted was to feel that way everyday, all day.

Many people in my training had been studying for longer, had taken more classes, knew more sanskrit terms and had cooler yoga pants.

My life has completely changed since taking my Yoga Training, I now live in a Yogic community, I am honoured to guide people through transformative yoga and meditation retreats, I teach Yoga around the world and I now rest in an inner contentment that does last all day, everyday.



Many people prohibit themselves from attaining these kinds of dreams, or finding this kind of happiness because they feel they need to be younger, female, more advanced, more flexible or more “spiritual”. I am here to say this is a ridiculous hoax conjured up by your fearful ego.

Don't let the mind stop you from experiencing your fullest potential! It's only through the love of the practice that you can truly share the gift of Yoga.

You know that all it takes is one good yoga class to fall completely in Love. If it's in your heart, if you feel called to do it, then do it. Don't let the mind stop you from experiencing your fullest potential! It's only through the love of the practice that you can truly share the gift of Yoga.

## Chapter Three

# Get in the Closet

## *It's not all Smiles and Rainbows*

*“Compassion is not a relationship between the healer and the wounded. It’s a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.*

*~ Pema Chödrön*

This statement, ‘it’s not all smiles and rainbows’ needs to be recognized and observed by most, if not all, western yoga teachers. If you are ever blessed enough to go to India you will meet many Yoga teachers who are grumpy, aggressive and are generally pretty loud and possibly even slightly scary people. Yet as you spend more time in their classes you’ll quickly

### Anuttara Tip



**If you are interested in experiencing yoga in India, [click here.](#)**

learn that this apparent aggression is actually coming from a deep compassion to teach you.

When a child goes to cross the road without looking a mother will yell loudly, grab the child by the arm, yank them back to the sidewalk and speak in a stern scary voice. That incident, more often than not, makes such an impact on the child that they never cross the road without looking both ways again.

No one tells the mother that she should have been more sweet, or that she should have just let the kid cross the road because that’s what he wanted to do. No! There is a general understanding that sometimes we need to speak sternly to others. The mother clearly knew



better than her small child and she let him know that.

Now, don't get us wrong and think that this means we're asking you to start yelling out your personal opinions, "Gargh!! There is too much ketchup on this veggie burger!!". What we are saying is that our culture is in a 'Good, thanks' epidemic. We are saturated in this belief that we need to be happy all of the time. Whether it be advertisements, scrolling through happy photos on Facebook or asking someone how they are (hence the name 'Good, thanks' epidemic). Our culture is always trying to present good and happy as 'best'.

## Our culture is in a 'Good, thanks' epidemic.

As yoga teachers when we can grant ourselves permission to be with whatever may be present for us (good, bad or otherwise), we are then granting those around us permission to do the same.

Now, as we said this doesn't mean you start yelling to people about your veggie burger. However, it does mean doing your best to honour how you are actually feeling in the moment. A good yoga teacher will not only gently guide you to these deeper aspects of yourself which you may unconsciously try to deny but they will also provide you with tools to use in order to be move more authentically through the world as you.

A teacher that is always 'super great' and cheerful can be nice for a period of time. Although, it reaches a point where it can be nauseatingly fraudulent. A teacher who can truthfully speak from their heart and humbly share the process that they are currently undergoing in their spiritual path is one that will bring students back again and again.

## Life isn't happy Facebook photos and it certainly cannot be summed up in 'Good, thanks'.

Most people don't want a bubbly, perfect, uber-flexible teacher, they want one that is relatable in their humanness even if that can be messy at times. Life isn't happy Facebook photos and it certainly cannot be summed up in 'Good, thanks'.

Dare to be authentically you. You ARE good enough. When you put yourself out there and embrace what you're capable of in this moment you will, inspire the masses.

## Chapter Four

# A Way of Life

## *Taking Yoga off the Mat*

It is one thing to be a yoga teacher it's a completely other thing to be a good yoga teacher. It didn't take long for us yogis to realize that practicing asana left us feeling good. Maybe you've even dabbled in meditation and realized that this too makes you feel awesome.

It is one thing to be a yoga teacher it's a completely other thing to be a good yoga teacher.

A common mistake that is made by the Western Yogi is believing that their yoga practice ends when they step off of the mat. When we read the ancient scriptures and study with authentic yogis from the East we quickly learn that the physical practice of yogic postures is just the tip of the iceberg in the vast, ancient science that is yoga.

A good yoga teacher recognizes that every moment of every day is an opportunity to practice yoga.

A good yoga teacher recognizes that every moment of every day is an opportunity to practice yoga. When directly translated Yoga means union, but union with what? Yoga is to be in union with the Now. When we are in Yoga we do not resist or strive for anything. When we are in Yoga we accept each moment as it comes without trying to change it.

It is very easy to see how we can practice this approach of acceptance on the mat, accepting the body for it's limitations, not pushing it beyond its means, possibly even accepting the mind for it's annoying thoughts as we try to remain present in our practice.

Practicing yoga off of the matt can be done in a multitude of ways but the most practical (and possibly most difficult) is to practice yoga in your relationships. When we can be in yoga with our partners, friends, siblings and parents, when we can accept them with out trying to change or resist them, then we have attained an ultimate state of Yoga.

When we can practice yoga in our relationships then we have attained an ultimate state of Yoga.

This however does not happen over night. This is a life practice but as we start to accept others, we are able to be more accepting of ourselves. When we live from a place of self acceptance we are able to live a more truthful life. When we are able to accept ourselves and others (good, bad and ugly), we are able to provide more authentic classes to our students as we have more authentic experiences of Yoga.

## Anuttara Tip



There are many different forms of yoga that go beyond the physical postures. However, just like the physical practice of yoga all of them leave you feeling really good.

**If you want to learn more about other ways to take yoga off of the mat, [click here.](#)**

# Conclusion

## *What am I going to get from all of this?*

When a being is able to live more authentically from the heart they are able to have more authentic connections with those around us. It is this innate sense of unity that takes the idea and understanding of Yoga from the mind down to the heart.

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We as the human population are all very connected even if we share different beliefs, backgrounds and backbends. The practice of Yoga serves to help us to dis-identify with the stories of the mind and to instead attune to our true selves. This awareness provides the means to live a more conscious lifestyle.

When we are living in yoga we make connections with people that we never thought possible before. There is something deeply genuine about people moving, breathing, and sharing together. In Yoga, we begin to discover that we can share truly loving moments with another without ever having held hands.

When we are a true yogic practitioner (teacher or not) our lives are more fulfilling because we are fulfilled by the happiness of others.

# About Anuttara

Anuttara is an internationally recognized yoga collective that offers retreats, tours, courses and trainings in yoga and meditation. These offerings always involve a harmonious blend of the ancient teachings of the East and West. Anuttara draws its teachings from the authentic traditions of Tantra, Advaita, Bhakti, Seva and more. All branches of Anuttara are facilitated by Aarti Doyle and Nirav who are both humble disciples and students of Sri Prem Baba and Guruji Raj Kumar Baswar. It is their continued work as students of these great masters that keeps their work fresh and inspiring for all who attend.

Although Anuttara travels the world facilitating retreats and yoga trainings, Anuttara's main location, Anuttara Ashram, is an off-grid centre in the mountains of Northern British Columbia, Canada.

# Want to Learn More?

If you would like to learn more about more about certain topics, you can visit our [website](#). Or you can click directly on one or all of the following: [Anuttara Yoga Trainings](#), [Anuttara Retreats](#), [Anuttara Ashram](#), [Aarti Doyle](#) or [Sacred Journeys to India](#).

If you're interested in getting updates or learning more about us you can also follow us on [Facebook](#), [Instagram](#) or [sign up for our newsletter](#). If you'd like to receive samples of what we have to offer or learn more about taking yoga off the matt you can visit our [Youtube](#).

Need advice?

If you would like practical tips on how to improve your yoga or meditation practice, you can [email us](#). Or if you'd like to come visit us at the ashram where you can receive personal advice on how to tailor your yoga practice to meet your specific needs.