

Sunday, April 21, 2013

## Teacher Training Work-Study Internship for MODS (Pilates Mat Training)

To apply and for more info please email [lauracolon@studioanya.com](mailto:lauracolon@studioanya.com)

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STUDIO ANYA is a Yoga, Pilates and Healing Sanctuary located in the Flatiron area of NYC. As a learning lab for Applied Neuro Yoga Awareness, Anya integrates yoga with other practices like Pilates, Thai Massage, Reiki and Neuro-muscular Therapy as the vehicle for aligning with grace in our daily lives.

We are offering internships to committed, hardworking, and customer service- oriented applicants who are interested in participating in our week-long immersion teacher training.

### MODS Immersion Training - 50 Hours

Learn to teach our 60 minute Mods Class. Move nimbly through mindfulness exercises with a keen focus on creating flow and direction. Be exacting about "touch points" and how to convey movement and breath cues through tactile feedback. Gain confidence to teach on and off the mat. Lead a comprehensive journey that addresses the whole system, blueprints fundamental pathway for healing the soul and cultivates core-strength, for real.

Mods Immersion Training fulfills Yoga Alliance and Curriculum AUM CEUs:

YA Continuing Education Hours towards E-RYT (Experienced-Registered Yoga Teacher) Techniques Training (Asana (postures), Pranayama (breathing techniques), Kriyas (yogic cleansing practices), Mantra, Mudra and Meditation Teaching Methodology Anatomy and Physiology AUM signature class templates Practicum

The Mods Immersion Training highlights our signature 4 Level Cueing System to deepen understanding of the Unconscious Utilities (Blueprinting Techniques). Seeped in the Anya Philosophy, Mods integrates yoga, pilates and dance elements to create a vibrant mind+body fitness routine and comprehensive method for positive change and healing . With over 70 uniquely codified exercises, the Mods Immersion Training is a rigorous next step for Mind + Body Practitioners who are called to sharpen the Intellect (more anatomy!), expand the Imagination (more meditation!) and refine Intuition (more touchwork & transformation).

32 Class room Hours  
10 Community Teaching Hours  
8 Sagebook Hours

Internship Program Details:

**Cover up to 50% of the tuition cost through 6 weeks of work/study (one 4.5hr shift per week).**

**Apply today! Only 3-5 intern positions available!**

**For more info:**

**<http://www.studioanya.com/training/upcoming-trainings/>**

Why Learn Yoga at Studio Anya?

Whether you are aspiring to teach, looking to deepen your own practice, or wanting to serve others, Studio Anya offers a comprehensive teacher training program that will give you all the knowledge, tools, and guidance you need to build a solid foundation and realize your full potential. Studio Anya uniquely offers:

- small classes of 10-12 giving you lots of individual attention
- practicum hours through outreach and in- house teaching opportunities
- mentoring with experienced ANYA teachers
- use of studio equipment
- training to learn how to teach a variety of learning styles
- online classroom to optimize learning and continue education no matter where you are
- Integrative Mind + Body AUM Curriculum
- access to free group classes during training

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