



Amalam School of Yoga

300-Hour Advanced Yoga Teacher Training

with Anne Howard



November 22, 2024-March 1, 2025



“Very few experiences in life alter its course in such a powerful, unexpected and beautiful way. Outer Banks Yoga’s Teacher Training, brilliantly taught by world class instructor Anne Howard is absolutely one of them.”

-Dianne B.

Accepting applications at
www.outerbanksyoga.com/teacher-training

Who is this 300-Hour Advanced Yoga Teacher Training designed For?

This one is for the Seekers. This is the next step on the journey into the invisible. Moving beyond the physical into the subtle layers of self. The energetic layers. Discover the asanas with an even deeper purpose and meaning.

Breathe new life into your yoga practice. This indepth study will open the door into self-awareness of body, mind & spirit and provide comprehensive knowledge that will transform you as a student and teacher. Gain valuable tools to expand your knowledge and cultivate a spiritual path. Explore the benefits of a Yogic lifestyle. Learn advanced asana and pranayama techniques to enrich your practice and gain new skills in hands-on adjustments, sequencing, and advanced teaching techniques to strengthen your voice, teach from your heart and guide students of all levels in an authentic and effective way.

This along with your 200-hour training completes the Yoga Alliance requirements for certification at the 500-hour level.

ADVANCED YOGA TEACHER TRAINING



“ The training completely radiated from Anne’s center and only through her love, light and knowledge could I feel so completely supported and confident in my journey. Anne’s dedication, perseverance, professionalism and light have changed my life ”
-Tracy B

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Course Description



Immerse yourself in the language and lifestyle of yoga. This is a 4-month, experiential and interactive direct study with Anne Howard. The training schedule includes a series of weekend master class-style sessions, (2) one-week immersions and a group mentoring session. Training sessions cover an intense focus on various aspects of yoga, asana styles and practices including vinyasa, yin and restorative. The program will follow your wisdom and your needs.

You will deepen your personal practice and study. You will gain skills to safely, confidently and compassionately guide yourself and a variety of students through practices richly infused with philosophy and a deep understanding of the energetic systems. The core tenants of this training include:

✓ Yoga Philosophy

We will turn to the ancient texts to understand inter-relationships and how they provide a detailed road map to live a yogic lifestyle

✓ Anatomy & Energetic Systems

Our training will be further informed by a deeper understanding of anatomy and the energetic systems of the body to advance your knowledge of the science of yoga. Explore the basic tools of an Ayurvedic lifestyle

✓ Skill Building

Refine your skills as an instructor, focusing on observation, language, finesse, pacing, hands-on assisting and alignment. Become more adept at guiding multi-generational students to best serve your community of students

✓ Trauma-Sensitive Practices

Bringing an awareness and understanding of how to sensitively guide classes that may include students who have experienced trauma

“ Anne Howard is a true gift to the Outer Banks. She lives what she teaches. It's amazing that this level of teaching is right here in our own community. ”

- Craig H.

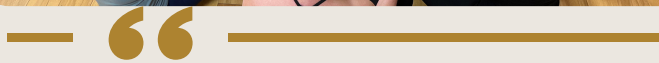




Course Requirements

◆ PREREQUISITES

- 200-hour YTT Certification
- An ongoing yoga practice 2-3 times a week
- A lifelong love of learning about the mind, body & spirit connections



Forever grateful for the opportunity to dive deeper into my own practice, giving me the possibility to trust in my own wisdom. Feeling, allowing, realizing and sharing, listening to my own tempo, growing and expanding into deeper layers.

-Amanda



◆ REQUIRED READING

- Yoga & Ayurveda: Self-Healing and Self-Realization- Dr. David Frawley
- Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga-Tias Little
- Overcoming Trauma through Yoga: Reclaiming Your Body- David Emerson
- The Science of Yoga- I.K. Taimni
- Science of Yoga: Understanding the Anatomy and Physiology to Perfect Your Practice- Ann Swanson
- The Complete Guide to Yin Yoga: Philosophy & Practice- Bernie Clark
- From Root to Bloom: Yoga Poems and Other Writings- Danna Faulds

◆ REQUIREMENTS

- Attendance & participation in all scheduled classes & make-up sessions
- Completion of all required readings and mandatory homework assignments
- Completion of teaching requirements
- Program Evaluation



Proposed Training Schedule

ADVANCED YOGA TEACHER TRAINING

- ◆ *Evolve your Yoga journey with a Sadhana and the Purushartha-Surya and Chandra Namaskara Dance*

Weekend Master Class
with Anne Howard

Friday Nov. 22 08-6PM
 Saturday Nov. 23 08-6PM
 Sunday Nov. 24 08-4:30PM

- Surya Namaskara, Salutation to the universal and inner light
- Chandra Namaskara, Salutation to the moon, healing flow
- The dance between back bend and inversion, the six Bandhas



Trauma-Informed Yoga

- ◆ *Meditation & Pranayama- The Healing Path*

1-Week Immersion with Anne Howard
Monday Dec. 2-Saturday Dec. 7th
08-5:30PM

- Examine the effects of trauma on our physical, energetic emotional and spiritual body
- Explore the Vagal system to create balance
- Develop a mindful, respectful and safe approach with students effected by trauma
- Patanjali and the yoga Sutras- the Tadasana of our Yoga practice
- The unlimited energy of Pranayama: Using the life force to canalize our mind toward liberation and our asanas toward stability and ease

- ◆ *Yoga & Ayurveda: Balancing The Doshas*

Weekend Master Class
with Anne Howard

Friday Dec. 13 08-6PM
 Saturday Dec. 14 08-6PM
 Sunday Dec. 15 08-4:30PM

- Ayurveda/Nutrition/Self-Care based on ancient texts, and modern life
- The five Prana Vayus





Proposed Training Schedule

ADVANCED YOGA TEACHER TRAINING

◆ *The Subtle Body- The Invisible World*

1-Week Immersion with Anne Howard
Monday Jan. 6 - Saturday Jan. 11
08-5:30 PM

- Antahkarana- The four functions of the mind
- Restorative yoga- giving time to body and mind to create healing vibrations
- Exploring the invisible- the Chakras, Nadis, Granthis, Koshas
- Meditation; Dharana and Dhyana, the sacred union

◆ *Tensegrity*

Weekend Master Class
with Anne Howard

Friday Jan. 24	08-6PM
Saturday Jan. 25	08-5:30PM
Sunday Jan. 26	08-4:30PM

- Tensegrity – Fascia and Yoga
- The Psoas- The muscle of the soul

The Ancient Texts-A Roadmap

◆ *Toward Self-Discovery & Union With The Divine Light*

Weekend Master Class
with Anne Howard

Friday Jan. 31	08-5PM
Saturday Feb. 1	08-5PM
Sunday Feb 2	08-4PM





Proposed Training Schedule

◆ *Exploring the Physical, Subtle and Meditative Practice of Yin Yoga*

Weekend Master Class
with Susan Reynolds

Friday Feb. 14 - Sunday Feb 16
08-5:30PM

- Examine the principles of Yin Yoga, the meridian system and the flow of subtle body energy
- Explore Yin asanas- benefits, precautions, hold times and counter poses
- Apply sequencing strategies to design a Yin practice, balancing intention and attention through themes directing energy to specific chakras, organs & energy lines

◆ *Yoga as a Spiritual Practice*

Virtual Weekend

with Anne Howard

Friday Feb. 28 - Sunday Mar. 1
07:30 - 12:30 PM

- Cultivating faith and devotion to stay steady on the true path of yoga to help others. (SEVA)

◆ *The Business Aspects of Teaching Yoga*

with Robin Hearne

Date & Time TBD

- Insights, practical tips and considerations to build your brand as a successful yoga teacher

◆ *Group Mentoring Session*

A Follow up Connection

with Anne Howard

Date & Time TBD

- An opportunity to reconnect with Anne & with each other. Date, time & content will follow the wisdom and the needs of the group





Tuition

\$500 DEPOSIT WILL RESERVE YOUR SEAT IN OUR 2024 CLASS

ADVANCED YOGA TEACHER TRAINING



◆ TUITION

- \$3995 payable to Outer Banks Yoga. Payment due 30-days prior to the start of the program unless a payment plan has been arranged
- Early bird pricing for payment in full by August 1st- \$3850
- Amalam School of Yoga 200-hour Teacher Training grads receive 10% off the full tuition fee (one discount per student)-\$3595.50

◆ TUITION INCLUDES

- 270 contact hours
- 30 non-contact hours
- All class handouts for manuals
- Books, lodging and meals are NOT included

◆ LOCATIONS

- Outer Banks Yoga 5230 N. Virginia Dare Trail, Kitty Hawk, NC
- A portion of the training will be held at Westside Athletic Club, located 8 miles from the studio at 101 Wimbleton Ct. Powells Point, NC



Payment Policies

◆ TUITION ASSISTANCE

Outer Banks Yoga is committed to supporting all individuals on their yoga journey and will do our best to consider your financial needs. Talk to us about a payment plan that is right for you.

Tuition assistance available for qualified military spouses through our affiliation with MYCAA, a career development program offered by the military. MyCAA provides educational benefits of up to \$4,000.00

◆ CANCELLATION POLICY

- Refunds less a \$500 administrative fee may be requested up to 60-days prior to the start of the program.
- Cancellations made within 59 days of the start of the program are non-refundable but may receive a credit for future programs within 12 months, less a \$500.00 administrative fee.
- Withdrawal after the program has started will result in loss of all fees paid

ADVANCED YOGA TEACHER TRAINING



“ ANNE CHALLENGED US TO DELVE MORE FULLY INTO THE MANY BRANCHES OF YOGA, TO GATHER MORE INTRICATE KNOWLEDGE OF YOGA AND OF THE SUTRAS, AND HELPED FINE TUNE VARIOUS ASANAS AND ADJUSTMENTS, OPENING DOORS TO MORE ADVANCED PRANAYAMA, MEDITATION TECHNIQUES, AND TRAUMA-SENSITIVITY - SUSAN ”



Anne Follenbach Howard



YTT Program Director/Lead Instructor

A beloved instructor with over 10,000 hours of teaching experience. Anne has been leading our Teacher Training Programs since their inception over 10 years ago. Anne received her initial 220-hour yoga teacher certification from Stephanie Keach in 2008. She has since studied Ashtanga with Tim Miller, David Williams, David Swenson and David Garrigues, Anusara Yoga, Vinyasa with Sean Corn, Anatomy with Stephanie Keach and Leslie Kaminoff, and Power Yoga with Beryl Bender Birch. Anne is also certified in Yoga for Trauma, Pre-natal & Yoga for Kids.



Anne asks us to follow our heart, to allow our yoga practice to open doors of happiness and true knowledge. She urges us to slow down, enjoy every step, accept who we are, and notice which fears block our hopes, potential and freedom. Her credentials are vast but what is truly inspiring is that she never repeats the same combination of movements and asanas. For every class she follows her intuition and honors her students in that moment. In her words, "I have the privilege and the honor to see my students evolve. They open their wings with elegance, each with its own colors, shape, heart, and voice. They help each other create new possibilities, new strength, appreciation, and joy. I feel blessed to be part of their yoga journey. They motivate me and continue to invite me to explore the yoga philosophy, "L'art de vivre" in the present, full of respect and true love for all 'light' on earth."



Susan Reynolds



YTT Instructor

Discovering the wisdom within the body has been Susan’s lifetime endeavor. She first discovered the synergy of linking breath to movement and the benefits of meditation and Yin yoga through Japanese Chishin Ryu martial arts. Turning to yoga’s more peaceful practice, she appreciates the strengthening and lengthening benefits, the introspective meditation, and fascial openings of vinyasa flow and Yin. Yoga helped her in a successful fight with breast cancer. Uniting the physical, mental and subtle body through breath by practicing vinyasa and Yin brings balance, peace, focus, and strength in the body and mind. Slower mindful breathing along with Yoga’s moving meditation reduces stress, and tension.



Yoga is a wonderful way to pause the busy demands of everyday life. Whether it’s powerful or gentle flow, yoga is a way to stay present, stay in touch with your spirit, and your heart.

A member of Yoga Alliance, Susan’s official designations are E-RYT500, logging over 2500 teaching hours since 2014. She carries the YACEP designation as a continuing education teacher and is continually fascinated by yoga and how combining breath, movement, loving kindness, and body wisdom can bring balance to life. She believes you can change anything about yourself you wish to change, your shape, your outlook, your experiences, and your life through loving acceptance.



TESTIMONIALS

XII



ADVANCED YOGA TEACHER TRAINING



“ Anne is a magnificent teacher, a real guru that lives and teaches yoga in such an amazing and professional way. The 300-hour YTT was an endless fountain of knowledge, yoga philosophy, Sanskrit, anatomy, physiology, flowing vinyasa, sequencing, adjusting and especially paying attention to the energetic body. All of it leading to healing mind, body, soul from inside out. Anne is the teacher/guru we all wished we had all our lives. She makes this world a better place. ”

Oli C RYT-500



“ This training has meant so much to me. I am a much stronger teacher of yoga, better equipped to understand the individual person in my classes and meet and enhance their journey in yoga. I look at the yamas and niyamas so differently now. And the eight limbs do not seem out of my reach. I am so thankful to have been on this journey with Anne Howard. What she has given us in this teaching are the roots of a very strong Tree of Yoga. A lifelong journey that is life changing and life enhancing in mind, body, and heart. ”

Beverly D RYT-500



TESTIMONIALS

XIII



ADVANCED YOGA TEACHER TRAINING



“ This training delved into the heart of yoga and how to live a yogic lifestyle. We were taught how to synthesize the eight limbs of yoga into our daily life. While we did learn adjustments, asana’s, variation of flows and modifications, what Anne really gave us was the sensibility of our own hearts. Because she teaches from her heart, she encouraged this development in each of us. She provided us with the tools to develop our own awareness and understanding so that when we teach, it’s from a place of truth, a place of experience. By living this way of life, teaching comes from a place of love, knowledge and wisdom. ”

Jennifer J RYT-500



“ This has been such an incredible experience. I loved our training weekends together and the amazing ladies in our Kula. I loved teaching and I loved learning. I enjoyed our assignments that required us to not just read but do the research, linking our thoughts and ideas to something like the Yoga Sutras. I really enjoyed our deep dive into trauma-oriented yoga. This was an unfamiliar concept to me and opened my eyes to the inner struggles that most everyone around me faces, even if they are good at covering it up. As teachers, or "yoga gardeners", we need to remember that the way things look on the surface are not always the way they actually are deeper down. ”

Kelly S RYT-500

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WE HOPE YOU’LL JOIN US! XO