



Amalam School of Yoga

# YOGA TEACHER TRAINING

*with Anne Howard*

October 25-November 17, 2024



Since 2013

ACCEPTING APPLICATIONS AT  
[WWW.OUTERBANKSYOGA.COM/TEACHER-TRAINING](http://WWW.OUTERBANKSYOGA.COM/TEACHER-TRAINING)



# Is Yoga Teacher Training right for you?

Whether your aim is to deepen your knowledge of yoga philosophy, root more firmly in your practice or begin a path of teaching, the benefits of the ancient wisdom of yoga along with a deeper self-awareness are irreplaceable.

The practice and study of yoga is a lifelong journey, a transformation of one's inner and outer worlds. It awakens you to your life and your ability to create it in a profound way.

Our program is experiential and interactive. We teach the skills needed to deepen your own practice and guide students of all levels in an authentic and effective way.



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“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



# Who is this Vinyasa Yoga Training Designed For?

This interdisciplinary vinyasa training is designed for:

- Those who seek a more challenging and inspirational asana practice and style of teaching
- Those who wish to immerse themselves in yoga theory, methodology and philosophy
- The chronologically young and those of any age who are young at heart with an active lifestyle
- Those seeking to transform their lifestyle through physical activity (the asanas) as well as meditative and spiritual practices (8 limbs)
- Those with a desire to learn and share more of the wisdom and philosophy of yoga teachings

Our Vinyasa Yoga Teacher Training students have ranged in age from 19-68. We recognize the immense value of a diverse group of students. We hope you will join us.

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“ Having Anne as my yoga teacher has been healing and inspirational. There is so much wisdom and compassion that radiates from her. I can't really explain in words how I have been touched just by being her student, but she's able to speak to my heart ☺☺ - Dominique



# Course Description

Vinyasa is a popular style of yoga defined by a linkage of the breath and movement while inhabiting a meditative space—a moving meditation. We will explore a variety of vinyasa styles ranging from vigorous to slow flow, linking the breath and movement as the anchor of the asana practice. We appreciate yoga in all its forms and intend to share a deep understanding of the primary traditions and theories while encouraging students to find their own yogic voice and comfort within the practice.

Our program includes more than 220 hours of training, exceeding the Yoga Alliance standards for their 200-hour certification and puts any instructor on a path toward 500-hour certification. The core tenants of this training includes:

## ✓ Yoga Philosophy

Immerse yourself in yoga philosophy to gain a deeper understanding of the ancient principles of yoga and learn how to apply them safely in a modern practice. Topics will include 8 Limbs of Yoga, Sanskrit translation & mythology, Chakras, Koshas, Kleshas, & Elements

## ✓ Anatomy & Energetic Systems

Our training will be further informed by a deeper understanding of anatomy and physiology and an introduction into the subtle energy systems.

## ✓ Skill Building

Deepen your practice with a broad focus on the asanas while exploring different methods and lineages, pranayama, meditation & mindfulness techniques.

## ✓ Teaching Style

Develop your own teaching style and gain confidence in yourself, your practice and your ability to lead in an authentic way. Explore the unique needs of special populations including pre-post-natal yoga and yoga for all ages- children to seniors

“ 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





# Schedule

Immerse yourself in the language and lifestyle of yoga

Join us for 3 weeks of in-person direct study with Anne Howard. Perfect for students who want to complete their training all at once



YOGA TEACHER TRAINING

## ◆ PROPOSED CLASS TIMES

Friday October 25 08:30-5:30 PM

Saturday Oct 26-  
Friday Nov. 1 08-5 PM

Monday Nov 4-  
Friday Nov 8 08-5 PM

Monday Nov 11-  
Sunday Nov 17 08-5 PM

## ◆ 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

“Yoga Teacher Training is so much more than training to be a yoga teacher. It is a way of life. It is connecting to yourself and others. It is honoring the space within and the journey that is life. I am so thankful for such an unexpected gift that has forever changed my life.”

- Belinda



# Course Requirements

## ◆ PRE-REQUISITES

An ongoing yoga practice 2-3 times a week

A lifelong love of learning about the mind, body & spirit connections



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“ Our training group became so close with each other because of the energy that Anne cultivated every day. It was always an atmosphere of mutual respect, love and understanding. A safe space to share and to grow as yoga teachers and individuals ”

-Ava

## ◆ REQUIRED READING

- Myths of the Asanas: The Ancient Origins of Yoga-Alanna Kaivalya
- The Tree of Yoga-B.K.S. Iyengar
- Yoga Anatomy-2nd Edition- Leslie Kaminoff & Amy Matthews
- Yoga Sutras of Patanjali: With Great Respect and Love- Mukunda Stiles
- The Bhagavad Gita- Eknath Easwaran
- The Heart of Yoga: Developing a Personal Practice-TKV Desikachar
- I Heard God Laughing: Poems of Hope and Joy- Renderings of Haviz-by Daniel Ladinsky

## ◆ REQUIREMENTS

- Attendance & participation in all scheduled classes & make-up sessions
- Completion of all required readings and mandatory homework assignments
- Completion of (7) student teaching assignments and (2) class observations
- Karma Yoga Project
- Completion of Program Evaluation



# Tuition

\$225 NON-REFUNDABLE DEPOSIT WILL RESERVE YOUR SEAT IN OUR 2024 CLASS

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— “ —

Anne empowered each of us to find our own voices, to experience the poses on a personal level, to intrinsically understand the movements from our own perspective so that we may better guide future students

-Jennifer

— ” —

## ◆ TUITION

- \$2995 payable to Outer Banks Yoga. Payment in-full is due 30-days prior to the start of the program unless payment plan arranged
- Early bird pricing \$2850 for payment in-full by July 1st

## ◆ TUITION INCLUDES

- 220 hours of training, exceeding the Yoga Alliance standard
- One-on-one mentoring with an experienced mentor
- All class handouts for manuals
- Books, lodging and meals are NOT included

Accepting applications at  
[www.outerbanksyoga.com/teacher-training](http://www.outerbanksyoga.com/teacher-training)



# 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 the non-refundable deposit may be requested up to 60-days prior to the start of the program.
- Cancellations within 60-days prior to the start date 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

YOGA TEACHER TRAINING



“ ANNE HAS TAUGHT EXCEPTIONAL YOGA TEACHERS TO TEACH EXCEPTIONAL YOGA. IT'S NOT JUST THE ACTIVE YOGA ITSELF IT IS THE PHILOSOPHY AND HERITAGE THAT COMES THROUGH SO CLEARLY AND I LONG FOR THIS KIND OF COMMUNITY WHERE I LIVE ”

-ROBIN





# 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.

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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.”



# Outer Banks Yoga

## Our Beloved Studio



YOGA TEACHER TRAINING

Outer Banks Yoga has lovingly served the Outer Banks community and visitors for over two decades. We are open year-round and provide a nurturing and conscious environment filled with inspiration. We offer in-studio classes, beach yoga, as well as private sessions in studio and off-site.

Our studio is a softly lit, calm, nurturing, and inviting space, tucked into the corner of a quiet building across the street from the ocean. We provide an array of props to support your practice including yoga blocks, bolsters, blankets, sandbags and weighted blankets. We are continually seeking to nourish our loyal community of both locals and visitors – new and returning – with expanded offerings, weekend workshops and new classes.

Outer Banks Yoga has been offering Yoga Teacher Training since 2013 and consistently received accolades and positive feedback. Here is a sample of the heartfelt comments received from students of previous trainings.



# Love Notes from Former Students

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"It is easy to say that a training was transformative. Perhaps too easy. It is surely not easy to provide a truly metamorphic experience, yet this is what Anne's YTT does. When I first learned that Anne would again be leading a YTT locally, I was beyond excited. I started to read the recommended texts, increased my home practice. Thought I was ready. Not-so-much on the day the training started. The entire process scared me terribly. I felt completely unprepared, unworthy. Like I would not fit in because of my age and physical limitations. The other students were bound to be so much better than I was, in every way. There was no way I would fit in with the group. I actually considered not going at all. Through a very thoughtful and finely tuned process, Anne did truly transform me and the group. Of course, we practiced asanas, memorized Sanskrit, led small groups, learned safe adjustments. We also inspired each other with our physical capabilities and profound insights. Anne led us in creating a safe place for all our gifts and vulnerabilities. As one who rarely cries, I found myself repeatedly teary-eyed with joy as this quite diverse group formed strong connections. There was so much light and love! My physical practice improved. I learned more yoga philosophy, sequencing, teaching tips. More important than any learned flow were the bonds, shared revelations and mutual respect that bloomed every day during the training.

Never having considered teaching before, I undertook YTT to deepen my practice. Anne has awakened in me a deep desire to share the gifts of yoga. The few classes I have led have been so enriching to me and I continue to learn. My kula has become family to me.

And I would be remiss not to mention the lovely facilities. The Outer Banks Yoga studio is a beautiful, welcoming space. Robin has all the props we could need. The atmosphere is tranquil and calming. The facility at West Side Athletic Club was also great with plenty of space and light. We could practice with ease and joy, looking out on nature. For those who never want to teach, who believe they are "not enough," who are sure they won't fit in, who think they can't do yoga well, who consider themselves too old or too stiff or not good with groups, I encourage you to consider this training. I invite you to open yourself to the possibilities within yourself, to learn more about your journey and yourself. You too will be transformed profoundly." -Georgia

"Anne's presence is calming and uplifting at the same time. Her leadership shines in a way that surpasses duality, supporting and challenging her students at the same time. This rare ability to fully encompass both ends of the spectrum are part of what makes the experience so powerful. From day one, I was electrified with positive energy and curiosity." -Anne

"Anne's knowledge is vast. Her humility is admirable. Her heart is open and willing to guide people toward their own sense of healing. Even if they were not aware they needed that. Anne has a gift. She uses this gift so well that in a class of 9 other students, all with their own life experiences and challenges, I felt like the class was designed specifically for me. This class has changed my perspective, challenged the narrative in my head. It has shaken me awake and allowed me to show up-for my practice, for myself and for others. Show up in a more meaningful way. With more ease and a sense of lightness. To be fully present and have a sense of gratitude for all there is. Feeling it all, taking it all in and not missing out on the everyday beauty that being alive gives each and every one of us." -Meredith

"Anne, you are very inspiring, not only the way you talk about yoga and reflect, but also the way you move and practice yoga. I am very grateful that I was your student, and I am already interested in the 300-hour teacher training!" -Julia

"I found the teacher training to be a wonderful experience. I must admit there were days I was annoyed at being pushed when really all I wanted to do was hide out. Thank you for not allowing me to do that and pushing me to grow. I know that I can continue to grow and challenge myself no matter my age." Charlene

"Anne considers herself to be a gardener rather than a teacher and she truly is a master at her craft. From the very first moments in class, Anne carefully cultivated a beautifully compassionate, supportive environment in which we could all blossom, regardless of where we were in our yoga journey. Like any good gardener, Anne honors and nurtures unseen potential. She fully respected each of us as unique individuals and patiently tended to each one of us accordingly. I began the training feeling very insecure and thinking that I didn't belong. I was the least experienced yogi among the group. I lacked confidence in my asanas and was terrified of inversions. Anne gave the attention I needed to develop a foundation while also giving me the freedom to explore and learn at my own pace. Anne truly opened my eyes to new possibilities for growth both on and off the mat. I expected to improve my balance and flexibility. I never imagined it would so beautifully and profoundly change my entire life. I simply don't have words to express how grateful I am." -Beth

"When I saw the ad for the 3-week immersion YTT at Outer Banks Yoga I knew it was for me. Becoming a yoga instructor has been one of my bucket-list goals since my early 20s. Anne is a fantastic instructor. She is kind, patient and knowledgeable. In all the years that I practiced yoga I never knew the depths of yoga. I am forever grateful to have had this opportunity and cannot express how wonderful the whole experience has been. Thank you from the bottom of my heart" -Lorrie Ann



# Love Notes from Former Students

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*“Anne encouraged us with genuine warmth and love and used that same love to motivate us and push us beyond our boundaries. During the training, we could often find ourselves outside of our comfort zone, where we experienced the most growth. None of us thought that by day two we would be able to lead ourselves through a 45-minute practice. Many of us didn’t think we’d be able to achieve an inversion without support. And some of us even found meditation to be foreign. Yet by the end, meditation became an accessible component of our yoga practice.” -Liv*

*“Yoga Teacher Training was a life changing experience that I will hold close to my heart. I got out of my comfort zone, gained much needed confidence, learned the importance of my words, learned how to do things I have been trying to do for years and made friends that turned into family and connections that will be with me for many years to come.” -Janet*

*“My understanding of yoga would not be so clear for me without Anne Howard’s guidance, patience, love and complete understanding of the depth of yoga, its meanings beyond the physical practice and complete knowledge of conveyance to me and the others in our precious Kula. The Outer Banks Yoga 220-Hour Immersion Teacher Training Program was the most important and meaningful experience of my life.” -Wes*

*“B.K.S. Iyengar states that a yoga teacher should be “clear, clever, confident, challenging, caring, cautious, constructive, courageous, comprehending, creative, completely devoted and dedicated to knowing the subject, considerate, conscientious, critical, committed, cheerful, chaste and calm.” Anne is the true embodiment of a yoga teacher. She possesses all these qualities with incredible humility. It has been one of the greatest privileges to study under her mentorship and learn from her decades of experience.*

*Anne’s style of teaching was grounded in the foundation of self-study. She empowered each of us to find our own voices; to experience the poses on a personal level; to intrinsically understand the movements from our own perspective so that we may better guide future students. This is the true testament of a “guru,” someone who can show another their own way. When I first started practicing, I had no idea that yoga meant more than just the physical postures. But I knew when I took classes with Anne that she was doing more than just teaching a class. Her approach to yoga is rooted in its history, the ancient texts, and a respect for the lifestyle that yoga truly represents. It is not just about physical asanas. As I learned more about the philosophy of yoga, I began to understand Anne was more than just a yoga teacher; she embodied what yoga truly meant.*

*The poet Rumi says, “You were born with wings, why prefer to crawl through life?” Anne is someone that will help you realize you have wings and encourage you to fly when you would rather stay comfortable crawling. She has helped me to recognize the person that I am and to go confidently in the world, wings fully outstretched. I highly recommend this training to anyone who interested in yoga, it will far exceed your expectations.” -Jennifer*

*“Anne’s training provided me with an incredible foundation. Her school guided me through history, anatomy, sanskrit, sequencing, alignment, a deep appreciation for the true meaning of yoga and so much more. After completing the course I found that my information was far beyond what my fellow yogis had learned in similar courses after paying a lot more money. I would recommend this course to anyone who wants to complete an in-depth 200-hour TT certificate.” - Anne*

*“The opportunity to participate in the teacher training has been hovering on the horizon for me. It took a pandemic to clear my calendar and my mind so that I could focus on this journey for myself. Like so many women, I have invested many hours in my career, and family. To spend these many hours with the kula expanding our practice and knowledge in so many ways has been an amazing experience. Having practiced with Anne for a few years, I knew she would be a very thorough instructor, holding us to a high level of accountability while freely offering her wealth of experience and understanding. She found that sweet spot between challenge and support that helped us find the very best within ourselves. Anne created an atmosphere that fostered intellectual and spiritual curiosity. Her choice of books and handouts was stellar and has created a valuable resource that I know I will return to time and again. I feel humbled and honored to have taken this teacher training under someone as wise, knowledgeable, and caring as Anne.” -Barbara*

*“This was the best 5 months of my life. From the first training, I fell in love. The girls are amazing, everyone so different but their energy glowing like a rose. I have learned so many new asanas and pranās for my body and mind. Miss Anne Follenbach you’re amazing, spiritually gifted, very wise, and you create a beautiful student.” -Zhyldyz*

*“Anne’s depth of knowledge and commitment to yoga and her students is evidenced in the care and patience she displays during her teaching. Her instructions are clear and concise when instructing on poses and demonstrating adjustments. The didactic portion was staged to build on our knowledge of Yogic philosophy and lifestyle, opening a whole new world and widening our view. She imparted tidbits and nuggets of knowledge attained over years of practice and teaching. I would highly recommend Anne as an instructor. She is a wonderful teacher and has been a true pleasure.”*

*-Betsy*



# Love Notes from Former Students

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"This training has been an amazing journey. Beginning with thoughts of uncertainty ~ "Will I have enough time? Will I be able to keep up with homework, reading, studying, etc...?" And the list continued but the answer to all those questions was YES! Anne, you are an amazing teacher. You teach and involve your students in a way that they truly learn. As a teacher myself, I hold this quote dear to me and strive for each time I am in front of my students- Tell me and I forget, teach me and I may remember, involve me and I learn." (Benjamin Franklin) -Rebecca

"Thank you for all the knowledge and insights I received in the program. My goal was to learn more about Yoga and get a deeper understanding of what it is truly all about. I discovered a lot more that I could imagine. I could never thank you enough for coming to my very first teaching class as a "student". - Another thing impressed me the most is how you could guide the student into the posture almost like you are in person's body and you know exactly what he/she needs to do to get there! It's unbelievable 🤩🙌 Your experience and knowledge are priceless and impressive! I am very happy that I got a chance to be your student" - Olusha

"I am not the same person I was when I started this training. And I mean that in the best way possible. Anne helped me realize that it's not about the asanas at all. It's the many layers we have unfolding one by one. And with tears in my eyes as I was driving home, I was so happy that I made this decision to finally do something I've always dreamed of and I was so happy I decided to take Anne's training as there are many. Anne has taught me more than I could have ever imagined and I'm still unfolding one layer at a time. She is a true light of wisdom and humility and beautiful from the inside out. 🙏  
♥️" - Jennifer

"Anne has been an amazing instructor, mentor and guide on this yoga journey, but also the journey of life. I am so incredibly thankful for your experiences in life and yoga and how you exemplify that throughout our training. More than anything, I profess my gratitude." -Meredith

"Anne Follenbach Howard is an amazing source of knowledge and inspiration. She is 100% committed to her students and so willingly gives of herself, sharing her in depth knowledge and real-life experiences in a way that honors and respects each student. Anne was firm yet flexible to support each person's individual needs. I appreciated Anne's use of humor to keep the spirit light-hearted and real. Throughout this experience I learned so much about yoga, about life and about myself and I am so grateful for this incredible opportunity to study yoga with Anne Howard. Thank you for being an incredible role model, mentor and friend." - Robin

"I really enjoyed taking the 200 RYT training with Anne at Outer Banks Yoga. Anne stayed true to the heart of yoga and our Kula had many discussions about the origins of yoga and what yoga means, not just on, but also off the mat. The universe brought us together and for that, I am grateful. When I practice inversions, I can hear is Anne's voice, Lift! Lift! Lift!" This encouragement helped me and many others hold ourselves up high with stability, confidence and belief. We will soar through time and space helping to lift others as she has lifted us. I will hear her voice guiding me, as I journey along this path spreading love and light. Namaste." -Maria

"I had many misgivings about deciding to enroll. Would I be able to physically keep up? Would I be able to make the time commitment? Would I set myself up for disappointment in enrolling and then not finishing? I am so thrilled that I made the decision to enroll and much of that was due to your encouragement. I have learned so much. I now know more of the asanas, the alignment, the adjustments, I also know that I need to learn much more. Knowing that I am on this journey is a blessing. You have brought much brightness to my world. Meditation practice is now real to me and not just a thought that I should be doing this. Pranayama, specifically Alternate Nostril Breathing, gives me a sense of assurance. In addition, I find I am using these learnings in all aspects of my life. The yoga training and specifically your many gifts, have brought much to my life and I am so excited to continue this journey." - Mary

"The class has been more than I could have hoped for. I never imagined it would lend me to discover a new part of myself. You teach with such patience and encouragement that inspires us all to truly peel back the layers of ourselves and invite our future students to do the same. Your training has spilled over to many aspects in my life outside the studio and has set me on a path of new discoveries and opportunities. I never felt as though I were trying to fit into a box called yoga, but rather discover how yoga can transform my body and spirit out of the box of the world. I can't wait for you to start a new chapter in your life just as we will after this training." -Courtney



# Love Notes from Former Students

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*“Having sealed the mala of our first yoga training together, I can look back at where we began and say that what I have learned and how I have had my heart and eyes opened since the beginning of this training has far surpassed my expectations. Anne, beyond the shadow of a doubt, has devoted her heart and soul to living and breathing the life of a true yogini! She shared every ounce of her years of knowledge and wisdom and the message is one of Love. She shared it wholeheartedly and without reservation. I feel that Anne has amply prepared us to go out into the world and share our knowledge and Love with the world. I feel beyond blessed to have been guided on my journey of Yoga at the tutelage of Anne Howard! Truly the journey of a lifetime. I would take another training from her in a heartbeat.” - Mary*

*“How do you even begin to evaluate something that has changed your life? This training, just like Anne herself, has been the perfect blend of sthira and sukha. You have designed the training in such a perfect way. Each layer that was added brought a greater sense of clarity and wisdom. I will be studying the books and all of our handouts forever. I will not pack them away, they are too precious.”- Beth*

*“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. The program is meticulously and seamlessly orchestrated behind the scenes - which means participants can sit back with confidence and relax and know that all that needs to be taught is being taught, and that Anne, for over two hundred hours, refers to not one instructional note (not one) - it all comes from her heart and the place that only a gifted, inspired and experienced yogi can access. I knew I wanted to take the course and I knew that it’s commitment to the authentic tradition of yoga fit me perfectly. If I could put into one sentence what Anne and this course did it was “to open doors to possibilities and give us the keys to walk through.” I am forever grateful for this opportunity to enhance my yoga practice, deepen my understanding of myself and others and join a family of like- minded people who I’m convinced will change the world.” - D*

*“My experience at the Amalam School of Yoga at Outer Banks Yoga was truly a unique one, a comprehensive interdisciplinary teacher training in Kitty Hawk North Carolina. Anne Follenbach Howard, quickly became the instructor I naturally gravitated towards as a student, as I was eager and diligent to deepen my practice and Anne immediately became so obvious, as a passionate and endless source of yoga knowledge and direction. My thirst for more knowledge of myself and yoga seemed endless and it was Anne who was always there with an answer about the asanas, insight to the lineage, and sincere encouragement, even sometimes a maternal nudge of discipline. After several invitations to partake in the teacher training, I apprehensively agreed and with all due sincerity it quite possibly could have been one of the greatest decisions of my adult life. So if it is paramount that you’re calling to teach yoga or just to deepen your practice, please, please, please treat yourself to perhaps the greatest 220 hour gift one could give. I sat with Anne Howard for 200-plus hours and the woman never once was redundant in her instruction, solely because of the honesty in her teaching.” - Scott*

*“As a recent student of Anne Howard’s Teacher Training, I can honestly summarize her yoga instructor skills as spot on. She is very knowledgeable in every aspect of yoga i.e., vinyasa styles, yoga philosophy, pranayama, etc. Anne’s attention to details, determination, and patience are qualities that place her teaching skills in the “Top-Notch” category. Even though teaching yoga was not my objective for taking the training, guess who is teaching yoga now and truly enjoying it? What would I say to anyone considering taking the Yoga Teacher Training - GO FOR IT! Thank you Anne!!!” - Kathy*

*“Anne’s teaching was wonderful, and I enjoyed learning about the practice of yoga “off the mat.” Learning how to care for myself and those around me was such an important part of the training for me. Anne not only gave me the tools and confidence to teach asanas, she also gave me the courage to open and share my heart and energy with my students.” - Christian*

*“My personal experience with teaching training will remain with me forever. I approach this wondrous life with a new, healthy attitude. This world will deliver us many challenges but the training has allowed me to discover new tools to cope with the highs and lows and everything in between. ...To find excuses for delaying taking the teacher training class is like forever regretting that one concert that you wished you had attended.” - Shevawn*



# Love Notes from Former Students

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*“On the Outer Banks shores is the world class instruction and life learned guidance of Anne Howard. Though I was already a certified yoga instructor, I took advantage of her 200-hour teacher training, traveling to Kitty Hawk on dreary winter weekends and finding illumination for my body and soul with the timeless wisdom of yoga and Anne’s example of dedication and grace. For anyone who takes this training led by Anne, the doors will always be opening, the teachings never left behind but serving as stepping stones for more growth and helping illuminate our path”- Marcia*

*“Anne Howard, is a beautiful spirit with yoga mastery and precision that is not typically seen in a small coastal community like the Outer Banks. With Anne’s refinement of our body movements to inner investigation of the nature of our true spirit, her instruction offered us all a path of learning about ourselves, our hearts, and how we can help others. My understanding of the interaction of the breath as the bridge between mind and body, and the need for precision in this movement helped me in my spiritual journey and I will build upon it for the rest of my life.” - Stacy*

*“As a yoga teacher, I want to help others realize the divine light that they have inside of them, the same way Anne has encouraged and supported me. I am so thankful for her guidance, kind words, and knowledge she has shared with me. She really pours her heart into this training!”- Sarah*

*“YTT at Outer Banks Yoga is absolutely amazing! The organized, caring and commitment of Anne is so special! She “cooks” each student in a motherly way, making sure we are ready. Anne and fellow classmates keep their door open for comments and questions, always! It is truly an honor and privilege to be part of the Outer Banks Yoga kula. You should do it!” - Linnea*

*“It has been a wonderful journey and experience relished every time we met. I was not only challenged by the new things I was learning but surprised about the spiritual journey I encountered along the way. I felt I have grown in my yoga practice, spiritually and most definitely into a deeper understanding of yoga. The way Anne guided us along- it all fell so neatly into place and made perfect sense.” - Ann*

*“Signing up to become a student in Yoga Teacher Training with Anne Howard of Amalam School was one of the kindest and most challenging things I’ve ever done for myself. I feel as if I’ve been forever changed for the good in many ways; physically, emotionally, spiritually and mentally. The enhancements Teacher Training brought to my life are immeasurable. You are investing in yourself, and you will come out stronger, more inspired and your happiness will increase. Open the door, step inside. A whole new world is waiting for you.” - Karen*

*“In 2016, I came to yoga for the stress relief and to touch my toes. And stayed because I discovered so much more in a world I truly didn’t know existed. Separate from the physical, I began to see the mental, emotional and spiritual benefits of the yoga practice, and wanted to learn more. Two years later, I registered for the 220-hour yoga teacher training program through the Amalam School of Yoga and never looked back. Studying under the wise sage Anne Howard has been uplifting and inspiring, a testament to her kindness and grace. Through this training, I overcame some of my own fears (headstands, kale, and Sanskrit terms, to name a few). I enjoy encouraging my students to overcome their own fears and self-doubt, to stretch their bodies and minds further than they thought possible, and to leave the practice with a feeling of satisfaction and contentment. And yes, I can now touch my toes.” - Kelly*

**WE HOPE YOU’LL JOIN US!!**

