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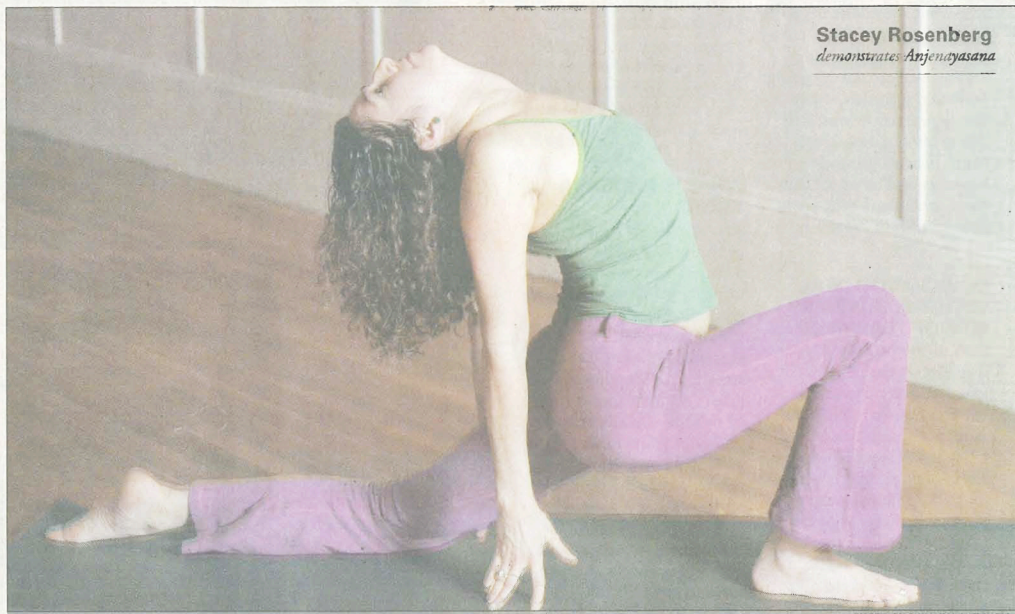
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Stacey Rosenberg
demonstrates Anjenyasana

PHOTO BY SUZANNA MITCHELL

At Work With: *Stacey Rosenberg*

Anusara Yoga Teacher

WHY DID YOU BECOME A YOGA TEACHER? Part of it was that it just felt like my path. It really happened naturally. I did not set out to become a yoga teacher. I started taking yoga classes while working a corporate job. Because I wanted to do something to help the world in some way, I left my corporate job to become a schoolteacher. I got my teaching credential and taught third grade for four years. While I was a schoolteacher, I started teaching yoga to some of my friends. Then, during a summer vacation, I took a month-long yoga immersion program. When I came back to work in the fall as a school-

teacher, I thought that I should take a leave of absence to see if I could make it as a yoga teacher.

WHAT DOES IT TAKE TO BECOME A YOGA TEACHER?

First you have to be serious about practicing yoga. Once you develop good knowledge and a strong practice, then there are a number of various teaching styles, each of which has its own training. Some styles are immersions and others spread the training out over a longer period. In the training, you learn more poses as well as the philosophies, history, and

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breathing and then how to teach. Because the teaching is so rooted in the practice, the best teachers are the best students. People can become a certified yoga teacher in a week, but they don't necessarily know anything. I have been practicing yoga since 1994, and I am always going back to my teacher to better my own practice, which is where my teaching comes from. When I go study with a teacher and he or she tells me something, I can't really pass it on until I feel it in my body.

HOW DO YOU DEAL WITH THE BUSINESS SIDE OF TEACHING?

I am pretty organized, so it is not really that difficult. I like that every day is different and I don't teach at the same place each time. For a while it did seem like I was always driving and looking for parking, but as more people liked me, I could get better classes. Now I am pretty established, so I teach at the times that best complement my lifestyle.

WHAT DO YOU LIKE BEST ABOUT TEACHING YOGA?

The best part is helping people transform. I have had students with me for the six years I've been teaching yoga, and I have watched their lives change. They get really empowered, flexible and a lot happier. They become able to create the lives they want to live. With other things there is an end, but with yoga it is never-ending. Rather it is an infinite subject to study. You get inspired and re-inspired constantly.

DOES YOUR JOB INVOLVE ANY TRAVEL?

The job has taken me on

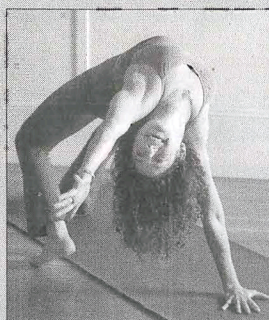
the road a lot. I have recently gone to Europe with my teacher to bring Anusara Yoga to five cities, and I do yoga retreats with my students. Twice a year we spend a weekend in the Santa Cruz Mountains. This year we are going to Costa Rica. My first yoga retreat was life changing. To have a whole week with no work and no stress is incredible.

WHAT IS ANUSARA YOGA?

Anusara Yoga is a system of Hatha Yoga that's heart-oriented, empowering, and inspiring while also being grounding, healing, and transformational. The Sanskrit word Anusara can be translated as 'flowing with grace'. Anusara Yoga is rooted in a life-affirming tantric philosophy that looks for the good in all people and all things. The highest purpose of the practice is to awaken to the highest goodness inside oneself, to recognize our gifts and talents, and to use them to serve life fully.

WHAT ARE THE SPECIAL CHALLENGES OF BEING A YOGA TEACHER?

I see challenges as our biggest blessings in life. If I am uninspired and cannot figure out what to teach, the beauty is that something always comes. I need to remain inspired, and sometimes I have to just trust that I will come to what I need to teach. Making a living doing this is difficult, since you get paid per head and attendance can be inconsistent. So you need to be a good teacher. Overall, it is the biggest blessing in the world to be able to do this, and I have immense gratitude. I don't take it for granted at all.



Stacey in Vajrasana Variation aka 'Wild Thing'.

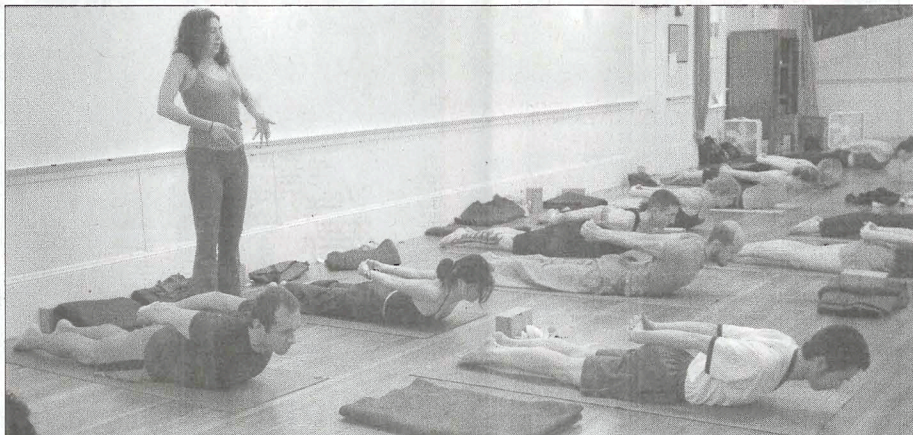
Stacey Rosenberg

Job title: Anusara Yoga Teacher

Place of Employment: I do contract work, mostly teaching at one of the four locations of Yoga Tree in San Francisco, but I also maintain some private students.

Years on the job: Six years total, but I have been doing it full time for four and a half years.

Years in Training: Learning yoga — and learning to teach yoga — is never-ending.

Income: 30K to 60K
To contact Stacey and to learn more about classes, visit www.namastacey.com

Stacey Rosenberg teaching yoga in San Francisco.



PHOTOS BY SUZANNA MITCHELL