

## **Anne-Marie Newland**

Founder of The U.K. Centre for Sun Power Yoga.  
Certified Yoga Teacher 1984.

Anne-Marie's **SUN POWER YOGA** blends three distinct forms and traditions.

IYENGAR for Alignment

SIVANANDA for Subtle Mind and Breathwork.

ASTANGA for Heat, Flexibility, Stamina and Mental focus.

These are laced together with a dance-like flow aptly named The Sun Power Series.

Originally trained in Iyengar yoga and then Sivananda yoga where she followed The Guru Disciple tradition. Astanga Yoga blended all three styles and Anne-Marie began to develop her own blend in personal practice.

Most of Anne-Marie's training has been in India with the late Swami Vishnu Devananda and his senior disciples. She worked with him in His head quarters in Canada before embarking on her teacher training in South India back in 1984.

She then travelled to Sri Lanka, Nepal and Europe teaching wherever possible.

After returning to England she took the path of 'The Householder'.

This is when you have a family, which you endeavour to bring up in the Yoga Tradition. Four beautiful children later and her yoga has developed in the field of Sport, Dance and Teacher Training.

Sport is a passion because she has learned to stand on the sidelines shouting for her son or daughters team! Falling in love with football has opened her career to working with all types of sports persons.

As a past professional ballet and jazz dancer her unique blend of yoga has a certain dance-like quality. And it was this quality that took her into the Astanga Vinyasa form of yoga discipline.

Studying the work of Baron Baptiste, Bryan Kest and Beryl Bender Birch inspired her to use this flowing heat generating form in her own work.

The result is The Sun Power Series. Based on all the traditional and contemporary styles of yoga, laced through with the dynamics and grace of dance. Her great respect for Swami Sivananda's spiritual teachings are evident in her use of the breath and mind focus.

The style is demanding, "always challenging and never boring" as one critic quoted!

Anne-Marie's classes and workshops have a reputation for being very tough and fun too! She demands commitment and sincerity.

Her work on the 'Breath as the Key to Yoga' keeps her students always reminded that without the breath there is no yoga only gymnastics!

Anne-Marie has produced 2 videos to date, written numerous articles for yoga, health and fitness magazines. She has been interviewed on radio about, not just yoga but her past career in the music industry as a rock drummer back in the 70's. Her T.V. appearances include Central T.V. Live.

#### TEACHER TRAINING.

Approved by the International Yoga Federation.

World governing body of Yoga.

Member of the European Yoga Alliance

Member of The British Yoga Teachers Association.

Anne-Marie runs intensive teacher training courses in Sun Power Yoga and Sivananda yoga. These are only for the serious student. The theory and practical covered in the 3 months is thorough and the standard expected high. Your course will include yoga for pregnancy, the less able and the athlete.

You will remain part of a network of teachers supporting each-other when possible to create a family of like-minded aspirants.

In the probationary year Anne-Marie remains your mentor helping with any problems that may arise in your first year of teaching.

#### TEACHER TRAINING

#### FOR FITNESS PROFESSIONALS IN HEALTH CLUBS.

Anne-Marie is specialising in Yoga for Health clubs from 2004.

As the first yoga teacher to work in health clubs over 13 years ago she has been asked to take her high standard of teaching into the fitness forum.

Her work in the field of sport and dance gives her the added advantage of working with fitness professionals and targeting their special skills in the fitness industry.

There are so many prostituted forms of yoga now that Anne-Marie felt it was imperative to raise the standard in health clubs allowing instructors to learn the true art of yoga and it's philosophy.

If you have studied yoga for a minimum of two years OR are fitness professional, you may want to take your work into the holistic forum. If you are interested in running a course in your club or area, contact details are below.

#### CONTACT DETAILS

[www.sunpoweryoga.co.uk](http://www.sunpoweryoga.co.uk)    [info@sunpoweryoga.co.uk](mailto:info@sunpoweryoga.co.uk)    44(0)116 270 6399.

#### REGULAR CLASSES

Anne-Marie holds regular classes in the Leicester area.

Timetable inserted or on-line.

Classes are held in various venues and include

SUNPOWER YOGA levels 1 and 2.

SIVANANDA YOGA all levels.  
SLOW FLOW YOGA all levels.

SPECIAL CLASSES are held in:

Yoga for Sport targeted in Sun Power Yoga classes level 1 and 2.

These classes aim to strengthen and heal old injuries. To give the body more flexibility to avoid further injury and to encourage athletes to add yoga to training regimes.

Anne-Marie works with footballers, cyclists, tennis players, swimmers, speed skaters, snow boarders and rowers amongst others. Her skills in sport motivation are well known.

Yoga for Pregnancy and Yoga for Pregnant Couples held privately.

The couple's classes are to help both of you with the birth of your new child and the birth of your new family. Work based around The Active Birth movement.

Yoga for Children in schools are run by Qualified Sun Power Yoga teachers please ask for details.

Yoga personal training.

Private tuition for all standards and needs are tailored to your personal requirements. Courses of Six classes are recommended to establish positive yoga practice.