

# TEACH.YOGA

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## ANNIE CARPENTER

by *annie carpenter* / *luminaries*

*Annie Carpenter made her first impression on me in a shuttle heading from the Reno airport to the first year at Wanderlust Tahoe. Her intelligence, kindness and forthrightness were so refreshing and comforting, and I adored her instantly. Her erudite YogaGlo classes are beloved for her accurate cueing, potent present-moment reminders, which always lead me home to myself. Truly grateful for Annie's presence here on Teach.yoga.*

## **1. WHAT'S YOUR FAVORITE PART OF YOUR WORK?**

The insistence of presence, both mine and my students. I teach well when I am absolutely fully awake in the moment with my students. That is the job: be present and invite — even insist on — presence. I joke that I am merely an alarm clock, meandering through a room of yogis saying “wake up!” and “are you here?” and “and now...”

## **2. WHAT'S YOUR LEAST FAVORITE PART OF YOUR WORK?**

Witnessing the confusion and fear that the practice of yoga inevitably uncovers. Happily, it is usually followed by insight and transformation.

## **3. WHAT STILL EXCITES YOU AND KEEPS YOU ENGAGED WITH TEACHING YOGA?**

First and still, my own practice, thankfully. I am often delighted by new discoveries in daily practice. I am also deeply grateful for the obstacles that arise as time marches on (translation: as I age) because the clarity that it is all about surrender and acceptance, rather than achievement or advancement, is utterly clear.

## **4. IF YOU DIDN'T TEACH YOGA, WHAT ELSE WOULD YOU DO?**

Something with more time outdoors! It is clear my dharma this go around is to teach; though as I look back the message is not really the content. When I taught modern dance at the Martha Graham Center in the 80s, or lead movement awareness groups in the early 90s, or yoga ever since—the “what” is not the point. I am inviting people to awaken to the moment and fully express themselves, without judgement or fear. Any number of activities bring us to a quality of attention that honors each incredible, fleeting moment. Who knows what I'll be doing 10 years?

## **5. WHAT ARE YOU EXCITED ABOUT LEARNING NEXT?**

When I was a teenager I was a geeky birdwatcher.. and its back! I love watching the miracle of flight, the fierceness of parenting, and the timeless and innate knowing of a flock winging onwards in the great evolutionary pull of migration.

## **6. WHAT'S YOUR FINEST ADVICE FOR A NEWER TEACHER?**

Practice. Go slow. Practice. Find a great teacher and stick with them. Practice. Be surprised. Practice. Practice. Practice.

## 7. EVOLUTIONARY BIOLOGY OR GOD(S)?

Yes. Evolution is proof that spirit endures. Thank God!!



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### ABOUT THE AUTHOR

Known as a “teachers’ teacher,” Annie is the creator of SmartFLOW Yoga, an intelligent marriage of mindful movement with compassionate, wakeful alignment. Annie creates practices that are at once advanced and challenging, yet safe and playful. Practicing yoga since the 70s, Annie continues to be a dedicated student (geek!) of anatomy, evolutionary movement, meditation and classical philosophy. Annie is the author of *RelaxDEEPLY*, a CD of restorative yoga, and *Yoga for Total Back Care*, a DVD produced by Yoga Journal, and several SmartFLOW manuals. She contributes regularly to Yoga Journal. An influential Teacher Trainer since 2003, Annie is based in CA and teaches globally.

<http://www.anniecarpenter.com>

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