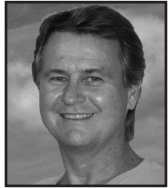


## Faculty



**Leslie Bradley, Director**, became an Intermediate Jr. III Certified Iyengar Instructor in 1995 and has been to India many times to study with the Iyengars, including the invitation only Women's Intensive with Geeta Iyengar. Leslie has taught locally for almost 30 years and regularly studies with and assists senior teachers in the U.S. She has been an assessor in the certification process for the last decade and was recently asked to serve the U.S. as Certification Chair. Yoga in the Iyengar method has helped Leslie overcome health issues and given her a spiritual foundation on which to thrive. She is honored to share the brilliance and wisdom of the Iyengars and their teaching in this format. This is her 15th year as director of this teacher training course.



**Craig Kurtz** is an Iyengar Yoga teacher certified at the Intermediate Jr. III level who has taught yoga for 26 years. He has studied many times at the Ramamani Iyengar Memorial Yoga Institute and assisted in medical classes there. He is grateful to B.K.S. Iyengar for making yoga approachable for all levels and diversities of students. He credits Iyengar Yoga, with its precise alignment and right actions, for helping him manage a chronic low-back condition and shining a light on the inner journey to the soul. Craig is now and Assessor in Training.



**Nancy Crum Stechert** began practicing yoga in 1976 in San Francisco. She made her first trip to India to study with B.K.S. Iyengar in 1983 and now holds a Senior Intermediate level certificate in the Iyengar method. She founded the Colorado School of Yoga in Denver in 1987 and the International Yoga Center of Tokyo in 1993. Nancy now owns and operates the Yoga Tree studio in Hotchkiss, Colorado, and she continues to teach across Colorado, the nation, and around the world.

## Adjunct Faculty

**Laura Allard-Antelmi** is uniquely qualified to apply her knowledge of yoga to helping Yoga teachers understand anatomy and its application to postures. Laura teaches the Anatomy Segment of Stephanie Quirk's in depth three-year course around the U.S. and numerous other yoga teacher trainings. Laura has 19 years experience in anatomy education. For the past five years Laura has been an Iyengar Assessor. She has been continuously practicing, studying, and teaching Iyengar Yoga since 1987 and is certified at the Intermediate Jr. III level.

**Angelique De Silva** began her studies in the Iyengar tradition in 2004 and has been to India 3 times to study with the Iyengars and Swati and Rajiv Chanchani. In 2005, she met her Sanskrit teacher, Manorama, disciple of Sri Brahmananda Sarasvati. The study of Sanskrit as a spiritual practice encompasses Sanskrit, Mantra, Meditation, and Yoga Philosophy. Angelique's primary inspiration is to share the experience of yoga through the vibrational quality of Sanskrit.

“Teaching is a difficult art,  
but it is the best service  
you can do to humanity.”  
—B. K. S. Iyengar



Leslie Bradley  
**Blue Spruce Yoga**  
125 Estes Street  
Lakewood, CO 80226  
[www.bluespruceyoga.com](http://www.bluespruceyoga.com)

*15th Annual*

# The Art of Teaching Yoga in the Iyengar Tradition 2014

Lakewood and Denver, Colorado

For current and aspiring  
Iyengar yoga teachers, and for serious  
students seeking to deepen progress  
in their practice.

*This training  
is recommended by  
the Iyengar National Association  
of the United States*

Co-presented by:



Iyengar  
**yoga center**  
D E N V E R

Blue Spruce Yoga  
[www.bluespruceyoga.com](http://www.bluespruceyoga.com) [www.iyengaryogacenter.com](http://www.iyengaryogacenter.com)

# THE ART OF TEACHING YOGA IN THE IYENGAR TRADITION 2014

Dates (Friday through Sunday sessions):

|                    |                   |                |
|--------------------|-------------------|----------------|
| January<br>10 – 12 | February<br>7 – 9 | March<br>7 – 9 |
| April<br>4 – 6     | April<br>25 – 27  | May<br>16 – 18 |

Friday and Saturday sessions held at Blue Spruce Yoga at **Lakewood United Church of Christ, 100 Carr Street, Lakewood, CO 80226**. Sunday sessions held at **IYCD, 770 S. Broadway, Denver, CO 80209**.

|   |   |
|---|---|
| <b>Friday Nights</b><br>5:30 P.M. – 8:00 P.M.       | <i>Practice and Peer Teaching</i>                               |
| <b>Saturday Session 1</b><br>8:00 A.M. – 12:30 P.M. | <i>Practice, Teaching Skills &amp; Peer Teaching</i>            |
| <b>Saturday Session 2</b><br>2:00 P.M. – 5:00 P.M.  | <i>Yoga Philosophy, Sanskrit &amp; Pranayama</i>                |
| <b>Sunday Session 1</b><br>8:30 A.M. – 11:30 A.M.   | <i>Special Topics &amp; Therapeutic Modifications of Asanas</i> |
| <b>Sunday Session 2</b><br>12:30 P.M. – 3:00 P.M.   | <i>Anatomy &amp; Special Topics</i>                             |

**Requirements:** 2 years Iyengar experience, ongoing weekly Iyengar class with a teacher of your choice (if available), and assisting an Iyengar teacher if possible.

**Cost: \$1,295 if paid in full by January 6, 2014.**  
**After January 6, the entire program cost will be \$1,500.**  
**Single Weekends: \$275.**  
**Single Sessions: \$18 per hour and permission of instructors.**

Mail registration with check (payable to **Blue Spruce Yoga**) to **Leslie Bradley, 125 Estes Street, Lakewood, CO 80226**. (Mailing address only!)  
**Visa/Mastercard Accepted:** Email Leslie at [info2@bluespruceyoga.com](mailto:info2@bluespruceyoga.com).  
For more information, contact Leslie at 303.237.4776, or contact Craig through IYCD at 720.570.9642 or [info@iyengaryogacenter.com](mailto:info@iyengaryogacenter.com).

## Weekend Highlights

Each weekend includes asana and pranayama practice, yoga philosophy and sutra study and the teaching format and principles of B.K.S. Iyengar: Demonstration, Instruction, Observation and Correction. There will be regular opportunities for peer teaching. We will cover concepts of sequencing, linking, timing, class organization, adjustments, use of props, modifications for everyday problems and Sanskrit studies and chanting. Preparation for assessment in the Iyengar method is a focus of each weekend and helps one to gain confidence as a teacher of this method, whether assessing or not.

## Special Topics, Sundays at IYCD

|  |   |
|--|---|
| <b>Sunday, January 12</b><br>8:30 – 11:30 A.M. | <i>The Art of Observation &amp; Correction, Part 1:<br/>The Average Student</i> |
| 12:30 – 3:00 P.M.                              | <i>Essential Anatomy for Yoga Teachers</i>                                      |
| <b>Sunday, February 9</b><br>8:30 – 11:30 A.M. | <i>Women's Yoga, Part 1: Modifications<br/>for Menstruation &amp; Menopause</i> |
| 12:30 – 3:00 P.M.                              | <i>Women's Yoga, Part 2: Modifications<br/>for Pregnancy &amp; Postnatal</i>    |
| <b>Sunday, March 9</b><br>8:30 – 11:30 A.M.    | <i>Yoga Modifications for Knees &amp; Hips</i>                                  |
| 12:30 – 3:00 P.M.                              | <i>Anatomy of the Knees &amp; Hips</i>  |
| <b>Sunday, April 6</b><br>8:30 – 11:30 A.M.    | <i>How &amp; Why to Practice &amp; Teach Inverted Postures</i>                  |
| 12:30 – 3:00 P.M.                              | <i>Sanskrit &amp; the Sutras</i>  |
| <b>Sunday, April 27</b><br>8:30 – 11:30 A.M.   | <i>Yoga Modifications for Neck &amp; Shoulders</i>                              |
| 12:30 – 3:00 P.M.                              | <i>Anatomy of the Neck &amp; Shoulders</i>                                      |
| <b>Sunday, May 18</b><br>8:30 – 11:30 A.M.     | <i>The Art of Observation &amp; Correction, Part 2:<br/>The Stiffer Student</i> |
| 12:30 – 3:00 P.M.                              | <i>Yoga &amp; Ayurveda for Health &amp; Immunity</i>                            |

## Four-Day Intensive with Nancy Stechert and Leslie Bradley

**Wednesday, June 4 – Saturday, June 7, 2014**  
**8:00 A.M. – 5:00 P.M.**  
**at BLUE SPRUCE YOGA**

**This intensive is designed for those going up for assessment in either 2014 or 2015.**

We will be working with the teaching format and principles of B.K.S. Iyengar in preparation for the certification process. All students who choose to do so will participate in a mock assessment. Each student will be assigned to give a short presentation of an aspect of philosophy from their syllabus during our brown bag lunch.

**\$495 before May 1, 2014 (\$600 after May 1)**  
**\$150 per single day if space is available**

| Schedule               |  |
|------------------------|--|
| 8:00 – 8:45 A.M.       | <i>Pranayama with Leslie</i>                     |
| 9:00 – 11:00 A.M.      | <i>Asana with Nancy</i>                          |
| 11:00 – 11:30 A.M.     | <i>Juice and fruit break with Q &amp; A</i>      |
| 11:30 A.M. – 1:00 P.M. | <i>Teaching skills</i>                           |
| 1:00 – 2:00 P.M.       | <i>Brown bag lunch, Philosophy presentations</i> |
| 2:00 – 5:00 P.M.       | <i>Mock assessments</i>                          |

Sign up & pay early to hold your space. Number of students is limited! If there is not enough pre-registration, the intensive will be cancelled.

Contact Leslie if you need a place to stay. There may be limited availability in some students' homes.  
Contact Leslie at 303.237.4776 or email [info2@bluespruceyoga.com](mailto:info2@bluespruceyoga.com)

**Ongoing Teacher's Classes at IYCD with Leslie**

**Tuesdays, 9:45 – 11:15 A.M.**  
Level 3 Practice

**Thursdays, 10:30 A.M. – 12:30 P.M.**  
Teaching Skills & Peer Teaching

Call 720.570.9642 for details.