

Blue Spruce Yoga presents

## IYENGAR YOGA TEACHER TRAINING INTENSIVE WITH NANCY STECHERT AND LESLIE BRADLEY

Nancy Stechert has been certified at the Senior Intermediate level for several years. She conducts teacher training regularly in her home studio in Hotchkiss and has been an assessor in the certification process for more than a decade.



Leslie Bradley is certified at the Intermediate level, has been an assessor for almost a decade, and just completed her 14th annual IYNAUS-recommended teacher training. Leslie and Nancy have studied with the Iyengars many times in India.

This intensive is designed for those going up  
for assessment in either 2013 or 2014.



**Wednesday, June 12 – Saturday, June 15, 2013**  
**9 A.M. to 5 P.M.**

We will be working with the teaching format and principles of B.K.S. Iyengar in preparation for the certification process. All students will participate in a mock assessment of 40 minutes. We will also work with the demonstrated practice of the poses from each list and practice written exam.

**\$375 before May 15, 2013**  **\$500 after May 15**  
**\$125 per single day if space is available**

**The morning asana practice is open to all practitioners at \$35 per session.**

### SCHEDULE

9 A.M. – 11 A.M.	2-hour class with Nancy Stechert
11 A.M. – 11:30 A.M.	Juice and fruit break with review
11:30 A.M. – 1 P.M.	Teaching skills
1 P.M. – 2 P.M.	Brown bag lunch with Q & A
2 P.M. – 5 P.M.	Mock Assessments

All sessions will take place at **Blue Spruce Yoga**, in the Lakewood United Church of Christ  
100 Carr Street, Lakewood, CO 80226-1255

**Sign up & pay early to hold your space. The number of participants 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.

[www.BlueSpruceYoga.com](http://www.BlueSpruceYoga.com)

303.237.4776

[leslie@bluespruceyoga.com](mailto:leslie@bluespruceyoga.com)