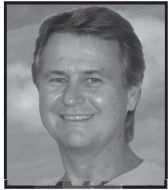


Faculty



Leslie Bradley, Director and owner of Blue Spruce Yoga. Leslie became a Senior Intermediate Certified Iyengar Teacher (CIYT) in 2015, and has been to India many times to study with the Iyengars, including the invitation-only Women's Intensive with Geeta Iyengar in 1997. Leslie studied with Geeta Iyengar in Pune, India in 2014 and 2015.

Leslie has taught locally for over 33 years and regularly studies with senior teachers in the U.S. and at intensives in India. She has been an assessor in the Iyengar method since 2003 and has been served as Certification Chair for the U.S. for four years. 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. She has been running this teacher education course for 19 years.



Craig Kurtz is a CIYT at the Intermediate Jr. III level who has taught yoga for 32 years. He has studied many times at the Ramamani Iyengar Memorial Yoga Institute and assisted in medical classes there. Craig became an assessor in 2015 and is one of the owners of the Iyengar Yoga Center of Denver. 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.

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 20+ years of experience in anatomy education. For the past seventeen years Laura has served as an assessor for Iyengar Certifications. She has been continuously practicing, studying, and teaching Iyengar Yoga since 1987 and is certified at the Intermediate Jr. III level. She just celebrated 26 years as founder and Director of the Iyengar Yoga Center of Boulder.

Angelique De Silva began her studies in the Iyengar tradition in 2004 and has been to India several times to study. She was certified as an Introductory teacher in the Iyengar method in 2015. In 2005 she met her first Sanskrit teacher, Manorama, Director of Sanskrit Studies and disciple of Sri Brahmananda Sarasvati. Manorama unveiled the path of Luminous Shabda (sound) for Angelique- a path that combines Sanskrit, Meditation, and Yoga Philosophy. Since then, Sanskrit has become an unequivocal component of Angelique's Yoga Sadhana. Her primary inspiration to share this topic with others is to relay the experience of yoga through sound.

**“Teaching is a difficult art,
but it is the best service
you can do for humanity.”**

—B. K. S. Iyengar



Leslie Bradley
Blue Spruce Yoga
125 Estes Street
Lakewood, CO 80226
www.bluespruceyoga.com

19th Annual

The Art of Teaching Yoga in the Iyengar Tradition 2018

Lakewood and Denver, Colorado

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

*This training
is recommended by
the Iyengar National Association
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The Art of Teaching Yoga in the Iyengar Tradition 2018

January 19 - 21	February 9 - 11	March 9 - 11
April 6 - 8	April 27 - 29	May 18 - 20

Friday and Saturday sessions held at Blue Spruce Yoga at the Lakewood United Church of Christ, 100 Carr Street, Lakewood, CO 80226.

Sunday sessions held at IYCD, 770 S. Broadway, Denver, CO 80209.

Fri pm 5:30-8pm	Intermediate Practice and Peer Teaching
Sat am 8am-12:30pm	Practice, Teaching Skills & Peer Teaching
Sat pm 2-5pm	Restoratives, Yoga Philosophy, Sanskrit & Pranayama
Sun am 8:30-11:30am	Special Topics & Therapeutic Modifications of Asanas
Sun pm 12:30-3pm	Anatomy & Special Topics

Mail registration with check (payable to Blue Spruce Yoga) to Leslie Bradley, 125 Estes Street, Lakewood, CO 80226. (Mailing address only!)
 Visa and Mastercard Accepted: Email Leslie at info2@bluespruceyoga.com.
 Credit Cards may be taken over the phone.
 For more information, contact Leslie at 303.237.4776, or contact Craig through IYCD at 720.570.9642 or info@iyengaryogacenter.com.

Special Topics, Sundays At IYCD

Sun 1/21
8:30-11:30am *How and Why to Practice and Teach the Inverted Postures*
12:30-3pm *Women's Yoga: Modifications for Menstruation and Menopause*

Sun 2/11
8:30-11:30am *Modifications for Back Issues*
12:30-3pm *Essential Anatomy for Yoga Teachers*

Sun 3/11
8:30-11:30am *Modifications for Hips and Knees*
12:30-3pm *Anatomy of the Hip & Knee Joint*

Sun 4/8
8:30-11:30am *Modifications for Neck and Shoulders Issues*
12:30-3pm *Anatomy of the Shoulder Joint*

Sun 4/29
8:30-11:30am *Observation & Correction of the Intro I Poses*
12:30-3pm *Women's Yoga: Modifications for Prenatal and Postpartum*

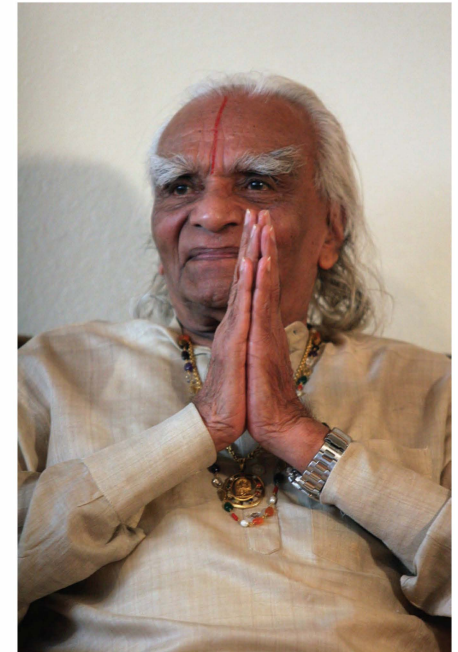
Sun 5/20
8:30-11:30am *Observation and Correction Part II The Introductory II Poses*
12:30-3pm *Restoratives and Pranayama*

Weekend Highlights

Each weekend includes asana and pranayama practice, yoga philosophy, sutra study, and some chanting. We will cover how to actually see and teach the people in front of you through the teaching format and principles of B.K.S. Iyengar: Demonstration, Instruction, Observation, and Correction. We will also cover concepts of sequencing the asanas, linking between them, appropriate timings during the asanas, class organization, use of props, proper verbal corrections and manual adjustments of your students and modifications for everyday problems.

Requirements: 3 years Iyengar experience, ongoing weekly Iyengar class with a teacher of your choice (if geographically available), and assisting an Iyengar teacher if possible.

\$1295.00 if paid in full by January 12, 2018.
 After January 12, the entire program cost will be **\$1500.00**
Single weekends: \$275.00
Single sessions: \$18.00 per hour and permission of instructors



Ongoing Teacher's Class with Leslie and Craig at IYCD

Thursdays 10:30am-12:30pm

Teaching Skills, Peer Teaching, Q&A and plenty of practice!
Call IYCD at 720-570-9642
(There is a separate charge for this class.)