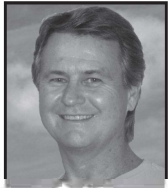


## Faculty



**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 35 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 served as Certification Chair for the U.S. from 2014 - 2017. 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 20 years.



**Craig Kurtz** became a Senior Intermediate Certified Iyengar Teacher (CIYT) in 2018 and 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 has 20+ years of experience in anatomy education. For the past 20 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 is the 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.

**Annie Catura** has been studying yoga in the Iyengar method since 2001. She started studying with Leslie and Craig in 2009. She currently holds a CIYT at the Introductory II level and is working on her Intermediate Jr I. She has been assisting with The Art of Teaching Iyengar Yoga program since 2013.

**“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](http://www.bluespruceyoga.com)

20th Annual

# The Art of Teaching Yoga in the Iyengar Tradition 2019

Lakewood and Denver, Colorado

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

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

Co-presented by:



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

lyengar  
**yoga center**  
DENVER

# The Art of Teaching Yoga in the Iyengar Tradition 2019

<b>January</b>	<b>February</b>	<b>March</b>
<b>18 - 20</b>	<b>8 - 10</b>	<b>1 - 3</b>
<b>March</b>	<b>April</b>	<b>May</b>
<b>29 - 31</b>	<b>26 - 28</b>	<b>17 - 19</b>

**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**      **Intermediate Practice and Peer Teaching**  
**5:30-8pm**

**Sat am**      **Practice, Teaching Skills & Peer Teaching**  
**8am-1pm**

**Sat pm**      **Restoratives, Yoga Philosophy, Sanskrit & Pranayama**  
**2:30-5pm**

**Sun am**      **Special Topics & Modifications of Asanas**  
**8:30-11:30am**

**Sun pm**      **Anatomy & Special Topics**  
**12:30-3pm**

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](mailto:info2@bluespruceyoga.com).  
 Credit Cards may be taken over the phone or by invoice.  
 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).

## Special Topics, Sundays At IYCD

**Sun 1/20**  
**8:30-11:30am** *Modifications for Back Issues*  
**12:30-3pm** *Essential Anatomy for Yoga Teachers.*

**Sun 2/10**  
**8:30-11:30am** *The Art of Observation & Correction Part I*  
**12:30-3pm** *Women's Yoga: Modifications for Menstruation and Menopause*

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

**Sun 3/31**  
**8:30-11:30am** *How & Why to teach and practice the Inverted Postures*  
**12:30-3pm** *Women's Yoga: Modifications for Prenatal and Postpartum*

**Sun 4/28**  
**8:30-11:30am** *Modifications for Neck and Shoulders Issues*  
**12:30-3pm** *Anatomy of the Shoulder Joint*

**Sun 5/19**  
**8:30-11:30am** *The Art of Observation and Correction Part II*  
**12:30-3pm** *Ayurveda, Restoratives and Pranayama*

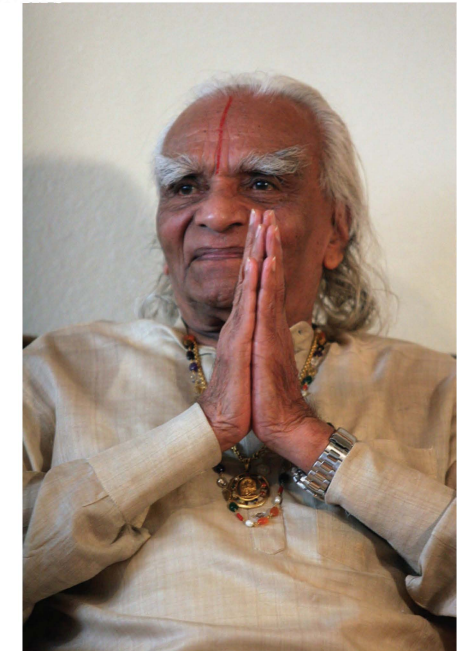
### Weekend Highlights

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:

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

*Cost: \$100 if paid in full by January 2, 2019. After January 2, the entire program cost will be \$120.00. Single sessions \$20 per hour and per session. Payment in full is required.*



### Ongoing Teacher's Class with Leslie & 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.)*