

Faculty



Leslie Bradley, Director, is an Intermediate Junior 3 Certified Iyengar Yoga Instructor, has been to India four times to study with the Iyengars, including the Women's Intensive with Geeta Iyengar in 1997 and most recently in 2002. Leslie has taught locally for many years and regularly assists senior teachers. She was an assessor in the teacher certification process in 2003, 2004, 2005, and 2006. She has served as President, Vice-President, and Secretary of IMIYA, the regional Iyengar association.



Craig Kurtz is an Intermediate Junior 2 Certified Iyengar Yoga Instructor who has studied three times with the Iyengars in India, most recently in 2002. A past President of IMIYA, he is currently co-owner of the Iyengar Yoga Center Denver. Craig has been part of the teacher training program since its inception and enjoys continuing to work with teachers.



Laura Allard is an Intermediate Junior 3 Certified Iyengar Yoga Instructor, Certified Kinesthetic Anatomist KA2, Director of the Iyengar Yoga Center of Boulder Colorado, Chair of the Iyengar Yoga National Association Store, and an adjunct professor at Naropa University. She has studied in India with Geeta and B.K.S. Iyengar and senior instructors in the U.S. Laura regularly teaches Anatomy in Clay™ classes.

Adjunct Faculty

Emma Brown	Kila Lau
Kevin Durkin	Donita Reitze
Denise Johnson	Gary Reitze
Kim Johnson	Jayne Satter

All faculty are certified at the Intermediate level in the Iyengar method or are adept in their chosen field.

Please see IYCD website for more bio information.

“Teach from the heart, not
from the brain alone.”
—B. K. S. Iyengar



Leslie Bradley
Blue Spruce Yoga
125 Estes Street
Lakewood, CO 80226

The Art of Teaching Yoga in the Iyengar Tradition 2008

Lakewood and Denver, Colorado

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

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

Co-presented by:



Blue Spruce Yoga
www.bluespruceyoga.com www.iyengaryogacenter.com

Iyengar
yoga center
DENVER

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PERMIT NO. 4742

TEACHER TRAINING AND ADVANCED STUDIES 2008

Dates (Friday through Sunday sessions):

January 11 – 13	February 8 – 10	March 7 – 9
April 11 – 13	May 16 – 18	June 13 – 15

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

Friday Nights		
5:30 – 8:30 P.M.		<i>Peer Teaching</i>
Saturday Session 1		
8:00 – 10 A.M.		<i>Advanced Studies, Asana Practice</i>
Saturday Session 2		
10 A.M. – 12:30 P.M.		<i>Teaching Skills</i>
Saturday Session 3		
1:30 – 4 P.M.		<i>Philosophy, Pranayama, Teaching Skills, Meditation, Ayurveda, and Chanting</i>
Sunday Session 1		
9:30 A.M. – Noon		<i>Therapeutic Yoga or Special Topics</i>
Sunday Session 2		
1:00 – 3:30 P.M.		<i>Anatomy or Special Topics</i>

Entire Program \$850 if paid by January 4, 2008
(\$150 savings over individual weekend prices).
\$900 after January 4.
\$185 per weekend (15 hours of class time).

Make check payable to Blue Spruce Yoga
and mail to Leslie Bradley, 125 Estes Street, Lakewood, CO 80226.
Credit Cards Accepted: call Leslie at 303.237.4776 for details.

For more information, call Dana at IYCD, 720.570.9642

Weekend Highlights

Each weekend includes Asana and Pranayama practice, yoga philosophy and the teaching principles of B.K.S. Iyengar: Observation, Demonstration, Instruction, Correction. We will cover concepts of sequencing, linking, timing, class organization, adjustments, use of props, therapeutic modifications, and learning the Sanskrit names of poses. Preparation for assessment in the Iyengar method is a focus of each weekend.



Special Topics

Therapeutic Yoga: Modifying asanas for common injuries, older students, and stiff beginners

Leslie Bradley & Craig Kurtz Three Sundays, 9:30 A.M. – Noon

February 10: The knees and feet

March 9: The hips and low back

April 13: The neck and shoulders

Anatomy in Clay

Laura Allard Three Sundays, 1:00 – 3:30 P.M.

February 10: The knee joint

March 9: The hip joint

April 13: The shoulder joint & anatomy for the assessment process

The Joy of Teaching: Making It Fun for Your Students

Donita Reitze Sun., January 13 — 9:30 A.M. – Noon

Teaching from Perception: Reflecting in Your Asanas

Gary Reitze Sun., January 13 — 1:00 – 3:30 P.M.

The Generations of Poses: What Makes a Pose an Intermediate Pose

Jayne Satter Sunday, May 18 — 9:30 A.M. – Noon

Restorative Asanas for Fatigue or Ill Health: Create Calm and Composure in your Asanas

Denise Johnson & Kila Lau Sunday, May 18 — 1:00 – 3:30 P.M.

Women's Yoga: Modifications for Pregnancy, Menstruation and Menopause

Leslie Bradley & Denise Johnson Sunday, June 15 — 9:30 A.M. – Noon

Saturday Afternoons (To Be Announced)

Kosha and Chakra Meditation with Keven Durkin

Ayurveda: Lifestyle to support your practice with Emma Brown

Chanting: The Yoga of Sound with Kim Johnson



**Ongoing teacher's class on Thursdays
from 10:30 A.M. to 12:30 P.M. at
Iyengar Yoga Center Denver.
Call 720.570.9642 for details.**