

Faculty



Leslie Bradley, Director, became an Intermediate Jr. III Certified Iyengar Yoga Instructor in 1995 and has been to India five times (most recently in 2008) to study with the Iyengars, including the Women's Intensive with Geeta Iyengar in 1997. Leslie has taught locally for over 25 years and regularly studies with senior teachers in the U.S. She has been an assessor in the teacher certification process since 2003 and is honored to share the wisdom and brilliance of the Iyengars and their teaching method in this format.



Craig Kurtz is an Iyengar Yoga teacher certified at the Intermediate Jr. III level who has taught yoga for 21 years. He has studied three times in Pune, India at the Ramamani Iyengar Memorial Yoga Institute and assisted there in Medical classes. He is grateful to BKS 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 yoga postures. Laura teaches the Anatomy Segment of Stephanie Quirk's in depth three year course around the United States and numerous other yoga teacher trainings. Laura has 18 years experience in anatomy education. For the past 5 years Laura has been an Iyengar Assessor. Laura has been continuously practicing, studying and teaching Iyengar Yoga since 1987 and is certified at the Intermediate Junior III Level.

Bobbie Fultz has been teaching since 1991, is a certified Junior Intermediate II Iyengar Yoga instructor and has studied with the Iyengars in Pune seven times, where she received individual instruction on working with her scoliosis. She was one of the founding teachers of the Iyengar Yoga Institute of NY, and the resident yoga teacher for 8 years at Arsha Vidya Gurukulam, a traditional Vedanta ashram in Pennsylvania. Bobbie was a visual artist and her artist's eye is a great asset in teaching observation skills, combined with a deep understanding of how to modify poses for therapeutic issues.

Paul Docktor, M.D. is a retired orthopedic surgeon with a long interest in sports injuries, foot and ankle reconstruction, and therapeutic yoga. He was in Active Duty Air Force at USAFA from 1985-88 and at Kaiser from 1988-2006. Paul is a member of the American Academy of Orthopedic Surgeons and American Orthopedic Foot and Ankle Society.

“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 2010

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*

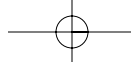
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Blue Spruce Yoga
www.bluespruceyoga.com www.iyengaryogacenter.com

Iyengar
yoga center
DENVER

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TEACHER TRAINING AND ADVANCED STUDIES 2010

Dates (Friday through Sunday sessions):

January 8 – 10	February 5 – 7	March 5 – 7
April 9 – 11	May 7 – 9	June 4 – 6

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.

Peer Teaching

Saturday Session 1

8:00 – 10:30 A.M.

Asana Practice, Advanced Studies

Saturday Session 2

10:30 A.M. – 12:30 P.M.

Teaching Skills

Saturday Session 3

1:30 – 4:30 P.M.

*Restoratives, Philosophy, Sutra Study
and Pranayama*

Sunday Session 1

9:00 A.M. – Noon

Anatomy or Special Topics

Sunday Session 2

1:00 – 4:00 P.M.

Therapeutic Yoga or Special Topics

Entire program \$1,095 for 100 hours of training
if paid by January 4, 2010 (a \$250 savings over
individual weekend prices).

Weekend price \$225 (16.5 hours of class time).

Entire program \$1,200 after January 4.

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, contact Leslie at 303.237.4776,
or Craig through IYCD at 720.570.9642.

Weekend Highlights

Each weekend includes Asana and Pranayama practice, yoga philosophy and Sutra study, 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, Sundays at IYCD: Calendar

January 10

- *Anatomy and Asana: Hips and Spine* 9:00 A.M. – Noon
- *Therapeutic Yoga: Hips and Low Back* 1:00 – 4:00 P.M.

February 7

- *Modifications of Poses for Older, Stiffer Students* 9:00 A.M. – Noon
- *Therapeutic Yoga for the Feet* 1:00 – 4:00 P.M.

March 7

- *Anatomy and Asana: Knees* 9:00 A.M. – Noon
- *Therapeutic Yoga for the Knees* 1:00 – 4:00 P.M.

April 11

- *Anatomy and Asana: Neck and Shoulders* 9:00 A.M. – Noon
- *Therapeutic Yoga for Neck and Shoulders* 1:00 – 4:00 P.M.

May 9

- *Understanding and Teaching Basic Back Care* 9:00 A.M. – Noon
- *Establishing and Deepening Your Practice* 1:00 – 4:00 P.M.

June 6

- *Women's Yoga: Part One* 9:00 A.M. – Noon
- *Women's Yoga: Part Two* 1:00 – 4:00 P.M.

Special Topics, Sundays at IYCD: Content and Teachers

Anatomy for Yogis: Anatomy in Clay (including asana to experience the anatomy in your own body)
with Laura Allard-Antelmi 9:00 A.M. – Noon
January 10: Hips and spine
March 7: Knees
April 11: Neck and Shoulders

Therapeutic Yoga: Modifying Asanas for Common Injuries
*with Leslie Bradley, Craig Kurtz
& Paul Docktor, M.D.* 1:00 – 4:00 P.M.

Paul Docktor M.D. will present the medical point of view of common injuries, followed by therapeutic yoga.

January 10: The Hips and Low Back
February 7: The Feet
March 7: The Knees
April 11: The Neck and Shoulders

Modifying Poses for Older, Stiffer Beginners
with Bobbie Fultz
February 7: 9:00 A.M. – Noon

Understanding and Teaching Basic Back Care
with Bobbie Fultz
May 9: 9:00 A.M. – Noon

Establishing and Deepening Your Practice
with Leslie Bradley & Craig Kurtz
May 9: 1:00 – 4:00 P.M.

Women's Yoga: Modifications for Menstruation, Pregnancy, and Menopause
with Leslie Bradley
June 6: 9:00 A.M. – Noon & 1:00 – 4:00 P.M.

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.

