

Faculty



Leslie Bradley, Director, became an Intermediate Jr. III Certified Iyengar Instructor in 1995 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 has taught locally for over 27 years and regularly studies with and assists senior teachers in the U.S. She has been an assessor since 2003 and is now assessing at the Intermediate levels. 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 training course for 13 years.



Craig Kurtz is an Iyengar Yoga teacher certified at the Intermediate Jr. III level who has taught yoga for 23 years. He has studied many times at the Ramamani Iyengar Memorial Yoga Institute and assisted in medical classes there. 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.



Nancy Crum Stechert began practicing yoga in 1976 in San Francisco. She made her first trip to India to study with B.K.S. Iyengar in 1983 and now holds a Senior Intermediate level certificate in the Iyengar method. She founded the Colorado School of Yoga in Denver in 1987 and the International Yoga Center of Tokyo in 1993. Nancy now owns and operates the Yoga Tree studio in Hotchkiss, Colorado, and she continues to teach across Colorado, the nation, and around the world.

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 18 years experience in anatomy education. For the past five years Laura has been an Iyengar Assessor. She has been continuously practicing, studying, and teaching Iyengar Yoga since 1987 and is certified at the Intermediate Jr. III level.

Angelique De Silva began her studies in the Iyengar tradition in 2004 and has been to India to study. 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 to humanity.”
—B. K. S. Iyengar



Leslie Bradley
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125 Estes Street
Lakewood, CO 80226
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13th Annual

The Art of Teaching Yoga in the Iyengar Tradition 2012

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:



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www.iyengaryogacenter.com

THE ART OF TEACHING YOGA IN THE IYENGAR TRADITION 2012

Dates (Friday through Sunday sessions):

January 20 – 22	February 10 – 12	March 9 – 11
April 13 – 15	May 4 – 6	June 1 – 3

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

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

Friday Nights 5:30 P.M. – 8:00 P.M.	<i>Practice and Peer Teaching</i>
Saturday Session 1 8:00 A.M. – 12:30 P.M.	<i>Practice, Teaching Skills and Peer Teaching</i>
Saturday Session 2 2:00 P.M. – 4:30 P.M.	<i>Philosophy, Sanskrit Studies, and Pranayama</i>
Sunday Session 1 8:30 A.M. – 11:30 A.M.	<i>Special Topics, Anatomy and Asana</i>
Sunday Session 2 12:30 P.M. – 3:00 P.M.	<i>Therapeutic Modifications or Special Topics</i>

Requirements for 6-month Teacher Training Course: 1–2 years Iyengar experience, weekly Iyengar class with teacher of your choice, and assisting an Iyengar class if you are not currently teaching.

Entire program \$1,100 if paid in full by January 10.
After January 10, the cost for the entire workshop will be \$1,260.

Individual Weekends: \$225
Individual Sessions: \$16 per hour

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 format and principles of B.K.S. Iyengar: Demonstration, Instruction, Observation, and Correction. We will cover concepts of sequencing, linking, timing, class organization, adjustments, use of props, modifications for everyday problems, and Sanskrit studies and chanting with Angelique. Preparation for assessment in the Iyengar method is a focus of each weekend.



Special Topics, Sundays at IYCD

January 22 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Art of teaching: assisting, observing, adjusting Sanskrit studies with Angelique</i>
February 12 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Women's yoga: modifications for menstruation and menopause Modifications for pregnancy and postpartum</i>
March 11 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Practicing and teaching the inverted asanas Teaching older, stiffer beginners</i>
April 15 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Anatomy and asana of the hips with Laura Therapeutic modifications for hips and low back</i>
May 6 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Anatomy and asana of the knee with Laura Therapeutic modifications for the knee joint</i>
June 3 8:30 – 11:30 A.M. 12:30 – 3:00 P.M.	<i>Anatomy and asana of the shoulder with Laura Therapeutic modifications for neck & shoulders</i>

Four-Day Intensive with Nancy Stechert and Leslie Bradley

Wednesday, June 6 – Saturday, June 9, 2012
9:00 A.M. – 5:00 P.M.
at BLUE SPRUCE YOGA

This intensive is designed for those going up for assessment in either 2012 or 2013.

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 1, 2012 (\$500 after May 1)
\$125 per single day if space is available

Schedule

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

Sign up & pay early to hold your space. Number of students 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.

Contact Leslie at 303.237.4776 or email leslie@bluespruceyoga.com

Ongoing Teacher's Classes at IYCD with Leslie

Tuesdays, 10:15 – 11:45 A.M.
Level 3 Practice & Therapeutic Modifications

Thursdays, 10:30 A.M. – 12:30 P.M.
Teaching Skills & Peer Teaching

Call 720.570.9642 for details.