

Yoga On the Wall with Bryan Legere

Yoga Wall™ 1 Intensive

May 9 to 11

Friday 5/9/14

9:00 - 12:00

1:00 - 4:00

Saturday 5/10/14

10:15 - 1:15

2:30 - 5:30

Sunday 5/11/14

9:00 - 12:30

1:30 - 4:30

This training is the 1st half of 2 course extensive training on how to use the Great Yoga Wall™ system in your own practice as well in the classroom. The intensives are appropriate for both yoga teachers and students at any experience level. You will learn how to use the Yoga Wall™ for standing poses, inversions, back bends, forward bends and twists. You will also learn how the Yoga Wall™ can be used for a variety of therapeutic yoga applications. The workshop size is limited so you get individual attention. You will get a certificate of completion at the end that applies to our 200 and 500 hour yoga teacher training certification program.

Bryan Legere was the director of the Ventura Yoga Studio, holds a Intermediate Iyengar Yoga Certification and is one of the founders of The Great Yoga Wall™, Inc. He has been a National Iyengar Yoga Certification Assessor since 1994 and has been to India many times to study yoga at the Iyengar's. He began practicing yoga in the late 70's and started teaching in 1984. He teaches yoga teacher trainings, workshops and has led yoga retreats through out the United States and internationally.

Location: VENTURA YOGA STUDIO, Ventura California three blocks from the beautiful Pacific Ocean about one hour north of Los Angeles and 1/2 hour south of Santa Barbara. Address: 110 N Olive St, Site P, Ventura, CA 93001

Cost: \$325.00 Before May 1
\$350 after

Please make checks payable to: Bryan Legere - 775-781-0468
PO Box 2802, Ventura, CA 93002

Yoga Wall™ 5/14

Name _____ Phone _____

E-Mail _____