

Yoga Wall Level 2

August 11 to 13

More Fun with the Yoga Wall™



Friday 8/11/17

9:00 - 12:00

1:30 - 4:30

Saturday 8/12/17

9:00 - 12:00

1:30 - 4:30

Sunday 8/13/17

9:00 - 12:00

1:30 - 4:30

With Bryan Legere

Bryan Legere has been teaching yoga for over 33 years, 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 for 18 years and has been to India many times to study yoga at the Iyengar Yoga Institute. 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.

At the 3OM Ranch we have a large, bright, clean, well-equipped studio in Central Oregon. This is the 2nd half of an extensive training on how to use the Great Yoga Wall™ system in your own practice as well in the classroom. This intensive will cover more intermediate postures and adjustments you can do on the Yoga Wall™. 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.

Please mail your payment to: **Bryan Legere**
2498 S Hwy 97 Suite F
Redmond OR 97756

COST \$400.00
Yoga Wall™ 2 - 8/17

Name _____ Phone _____

Address _____

City _____ ST _____ Zip _____

email _____

from more Information **Please Call 775-781-0468**