



Four Sessions:

- #1. Next Session in Spring
 - # 2. September 22 - 26
 - # 3. October 20 - 24
 - # 4. November 17 - 21
- Plus:
Yoga Wall Level 1
(Dates Vary)

*Immerse and learn the art
of teaching yoga, practicing
yoga and living yoga.*

COST:

Full Program \$ 2395.00
or Four Payments of \$ 625.00

Register with payment by check
or using a credit card online
through our web site with
PayPal.



110 N. Olive St. Suite P ~ Ventura ~ CA ~ 93001
805-643-5979
www.venturayoga.com

200 hr. teacher training

PROGRAM INCLUDES:

A complete teacher training program, training based on the Iyengar tradition, applied yoga philosophy, complete Anatomy & Physiology course, pranayama training, meditation practice and methods, training on how to handle basic therapeutic situations.

Opportunity to continue with the Ventura Yoga 500 hour teacher training program.

200 hour certification registered with the Yoga Alliance.

Ventura Yoga Studio

200 Hour Yoga Teacher Training with Bryan Legere

Immerse in learning, practicing and living all aspects of yoga in our four month in-depth teacher training course.

PROGRAM HIGHLIGHTS

- Learn the principles of practice and effective sequencing.
- Discussion and application of yoga philosophy as it relates to our lives.
- Learning to teach asana, how to see bodies and make adjustments.
- Practice pranayama (yogic breathing)
- Discover the wonders of the human body through the study of Anatomy and Physiology.
- Learn injury prevention and therapeutic guidelines
- Understand how self-practice and yoga philosophy effect and improve our daily lives
- Practice meditation and chanting
- Learn the Sanskrit names of the asanas
- Discover the groupings of Asana and Key instructions
- Understand and apply asana sequencing
- Learn how to teach Surya Namaskar
- Understand the connection of alignment, instructions and safety
- Identify anatomical landmarks, muscle groups, holding patterns and blockages relevant to asana
- Course scheduled over 4 months

Bryan Legere

Bryan began his study of yoga & meditation in the late 1970's. He practiced many styles of yoga and martial arts until he discovered Iyengar Yoga in 1982. He began teaching yoga in 1984 and opened the Ventura Yoga Studio at its present location in 1991. Bryan received his Certification as an Intermediate Iyengar Yoga instructor level 3 in 1992. He has served on the Board of Directors of the Southern California Iyengar Association and acted as treasurer. He has been honored to serve as an Iyengar Yoga National Association Certification Assessor since 1994. Bryan has spent about 6 months studying with the Iyengars in India. He feels one of his greatest blessings in life was to spend about a month in class being taught by B.K.S. Iyengar himself, a life changing experience. Bryan has studied with many senior Iyengar instructors and is grateful for the blessings they have shared. In 1992 Bryan began a long period of study with his teacher Aadil Palkhivala. Aadil's teaching has inspired Bryan to expand the practice of yoga from the yoga mat to all of life. In 1998 Bryan founded the Great Yoga Wall corporation, a distributor of exclusive high end yoga equipment used all over the world. Bryan's current passion is the study and application of the Yoga Sutras of Patanjali and teaching how they can be applied to our lives.