

Ventura Yoga Studio

5 Day Yoga Intensive with Bryan Legere

March 21 - 25



Dive deep into the whole practice of yoga with our 25 hour, 5 day intensive with Bryan Legere. Our practice including asana, pranayama, philosophy and meditation. Approximately 3 hours a day will be spent in asana practice with the rest of the time devoted to the other seldom taught parts of yoga.

Cost \$375 before 3/1
\$400 after

Schedule

- 3/21 Wednesday
9:00 - 12:00
1:30 - 3:30
- 3/22 Thursday
9:00 - 10:30
12:30 - 3:00
- 3/23 Friday
9:00 - 10:30
1:00 - 3:30
- 2/24 Saturday
11:30 - 2:30
3:30 - 5:30
- 2/25 Sunday
9:00 - 12:30
1:30 - 3:30



Name _____ Phone _____

Address _____

City _____ St _____ Zip _____

Send your preregistration to:
Ventura Yoga Studio
P.O. Box 2802 - Ventura - 93002