

Yoga Wall™ 1 Intensive

With Bryan Legere

March 16-18, 2012

Friday, 3/16

1:00pm-4:00pm

5:30pm-8:30pm

Saturday, 3/17

10:00am-1:00pm

2:00pm-5:00pm

Sunday 3/18

9:00am-12:00pm

1:00pm-4:00pm

This is the 1st half of an 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.



Bryan Legere is 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 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.

Cost of 18 hour workshop: \$375.00.

Early registration and payment discount available by February 24, 2012: \$350.00

The Yoga Wall Training Manual is included.

Location: The Triad Yoga Institute
3940 W. Market St
Greensboro, NC

Please do not mail registrations to this address!

336-851-0366



To pre-register, mail in to:

The Office of The Triad Yoga Institute
3506 Madison Ave
Greensboro, NC 27403

Or pre-register online at: www.triadyoga.com