



# Ventura Yoga Studio

www.venturayoga.com

110 N. Olive St. Suite P - Ventura, CA 93001 - (805) 643-5979

## Yoga Wall™ Level 2

August 8, 9 & 10

More Fun with the Yoga Wall™

Friday 8/8/08

9:00 - 12:00

1:00 - 4:00

Saturday 8/9/08

10:15 - 1:15

2:30 - 5:30

Sunday 8/10/08

9:00 - 12:00

1:00 - 4:00

### With Bryan Legere

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 teh 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.

**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.

**Location:** Ventura is on the coast of Southern California about one hour north of Los Angeles and 1/2 hour south of Santa Barbara. We have a large, bright, clean, well-equipped studio just several blocks from the beach.

**Cost \$295.00 before July 31  
\$325.00 after**

Yoga Wall™ 2 - 8/08

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

email \_\_\_\_\_