



## 2018 Combined Studio Teacher's Workshop Series with Anna Delury

For Yoga Teachers and those that aspire to become Teachers  
"There is no end to knowledge" B.K.S. Iyengar

To help train teachers at all levels, B.K.S. Iyengar created the set of guidelines found in the Iyengar Yoga certification manual. Though they are used to assess and certify teachers within the Iyengar Yoga tradition their intention and application extends well beyond testing. This series of seven workshops with Anna Delury, will address each category included in the guidebook individually and collectively. Feel free to bring your questions and concerns. If you have gone through an assessment you are welcome to bring your evaluation forms.

The following topics will be covered:

- Teaching Presence
- Appearance and Manners
- Demonstration Effectiveness
- Observation of Students
- Clarity of Instruction
- Accuracy and Knowledge of Asanas
- Pacing
- Stability and Maturity



Anna Delury is one of Southern California's Senior Iyengar Yoga teachers and a founder of IYILA. Since 1982, she has travelled regularly to Pune, India to study with the Iyengar family, most recently in August and September of 2017. In 1988, she received a BSc in Kinesiology from UCLA. Known for her insight and wry sense of humor, Anna brings a practical application of yoga philosophy into each class she teaches, as she helps guide students to a deeper understanding and awareness of what lies within them.

**All sessions take place on Saturdays from 1:30 - 4:30 PM  
and alternate between Ventura Yoga Studio & Yoga Upstairs**

**This is a Series and not intended for drop in attendance. Please commit to attend all or most sessions.**  
\$40 per session if purchased from the designated studio at least one week prior to the session. \$45 thereafter.

### Ventura Yoga Studio

110 N. Olive St. Suite P, Ventura 93001  
[www.venturayoga.com](http://www.venturayoga.com)  
805-643-5979

**March 24**  
**May 19**  
**October 27**

### Yoga Upstairs

5308 Derry Ave Suite K, Agoura Hills 91301  
[www.yogaupstairs.com](http://www.yogaupstairs.com)  
818-889-8018

**February 3**  
**April 14**  
**September 29**  
**November 10**