

**September 10-14, 2009**

# **Bryan Legere**

*A student of yoga since 1979 and teacher since 1984, Bryan is a Certified Intermediate Iyengar Yoga instructor and Director of the Ventura Yoga Studio. He has studied in India numerous times with the Iyengars, and he has been a Iyengar Yoga National Association Certification Assessor since 1994. Bryan markets the "Great Yoga Wall" and has developed Yoga Wall Workshops which he offers at his studio in Ventura and around the country. Those who have previously attended workshops with Bryan have appreciated his wealth of knowledge which he imparts with humor and sensitivity for each student.*

## **Thursday-Saturday September 10-12 • Yoga Wall Intensive \$375**

**Thursday 9/10: 10:30-1:30 & 3:00-6:00**

**Friday 9/11: 9:30-12:30 & 2:00-5:00**

**Saturday 9/12: 10:30-1:30 & 3:00-6:00**

Bryan gives in depth training on how to use the Great Yoga Wall™ system in your own practice as well as in the classroom. This intensive is appropriate for both teacher 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™ is used for a variety of therapeutic applications. The training includes Bryan's manual. **The workshop size is limited to provide individual attention—Register early.**

## **Sunday & Monday September 13 & 14 • Liberation of the Soul from the Cycles of Samskara: *Pranayama, Philosophy & Asana* \$125 10:00AM-2:00PM both days**

Samskaras are habit patterns of the unconscious mind that can control our lives. When we live our lives unaware of our samskaras, they cause us to repeat certain thought and behavior patterns. These old patterns keep us stuck by replaying the past. Our growth in yoga is accelerated when we discover these old patterns and learn from them. Our two day workshop will focus on using yoga philosophy, pranayama and asana to recognize our samskaras and create a new way of being in order to build a life that is no longer based on the repetitions of the past. Suggested reading in preparation for this workshop: *Yoga Sutras of Patanjali*, Second Chapter 2.12 through 2.16

REGISTRATION FORM---Bryan Legere September 2009

\_\_\_ Wall Ropes \$375

Name \_\_\_\_\_

\_\_\_ Liberation of the Soul \$125

Email \_\_\_\_\_

\_\_\_ Entire Workshop \$450

Phone# \_\_\_\_\_

\_\_\_ Total amount enclosed

*To enroll: Mail this completed form and your check or money order to:*

**Big Island Yoga Center, P.O. 2233, Kealahou, HI 96750**  
or hand to your BIYC Instructor

*For more information call: **329-YOGA** (808.329.9642)*

*or visit our website: [www.bigislandyoga.com](http://www.bigislandyoga.com)*

*We are a Hawaii Non-Profit Corporation*