



2019/2020 Combined Studio Teacher's Workshop Series with Anna Delury

For Yoga Teachers and those that aspire to become Teachers

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 eight 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
- Manual Adjustments
- 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 traveled regularly to Pune, India to study with the Iyengar family. In 1988, she received a BK (Bachelor's 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 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.

\$440 for all 8 sessions (\$220 to each studio) or \$60 per single session

Ventura Yoga Studio

110 N. Olive St. Suite P, Ventura 93001
venturayoga.com
805-643-5979

October 5, 2019

December 7

April 25, 2020

June 13 - New date! (May 23 cancelled)

Yoga Upstairs

5308 Derry Ave Suite K, Agoura Hills 91301
yogaupstairs.com
818-889-8018

October 26, 2019

January 25, 2020

March 28

May 30