

October 27, 2011

Dear Fellow Iyengar Yoga Teachers,

We have the great fortune of having Stephanie Quirk right here in Colorado for an in-depth course that will take place between 2012 and 2015. This is a rare opportunity for all certified Iyengar yoga teachers interested in learning how to use Iyengar yoga therapeutically to help their clients and students from one of the people who has worked the most closely with the Iyengars!

Stephanie Quirk has been studying at our parent institute RIMYI in Puna India for nearly 20 years and has been teaching this program internationally for the last five years. She has had the rare privilege as a westerner of assisting the Iyengars in teaching general classes, medical classes, and also teacher trainings both in Pune and across the globe. Stephanie was instrumental in assisting the Iyengars with their prolific writing and in compiling Astdala Yogamala. We are absolutely delighted to host and to welcome her to Denver and Boulder!

This e-mail is to inform you that we have received the required number of commitments from participants to confirm Stephanie Quirk's Therapeutic Workshop Series for Colorado. We've been able to coordinate dates with Stephanie and she has agreed to carve out six blocks of time over the next three years for all of us! So, if you plan to attend please be sure you reserve these dates and we kindly ask that you observe the registration and payment deadlines that are attached.

We are also pleased to announce that we will offer review sessions here in Colorado during the course in order to facilitate our Colorado participants to practice what we are learning in the course, and to refine, integrate, and put this knowledge to work and in our practice as certified Iyengar yoga instructors.

Attached you will find detailed information about schedule, cost, and content of this course. Please be sure to save these dates in your calendar and let us know if there is anything else that we can do to help you with regard to planning or preparing for this exciting workshop with Stephanie.

Warm Wishes to All,

Laura Antelmi, Craig Kurtz, and Lisa Wolf

FOR MORE INFORMATION CONTACT

*Boulder: Laura Antelmi, IYCB - 303-444-9642 [laura@boulderyoga.com](mailto:laura@boulderyoga.com)*

*Denver: Craig Kurtz and Lisa Wolf, IYCD - 720-570-9642 [info@iyengaryogacenter.com](mailto:info@iyengaryogacenter.com)*



## **Asana and Therapeutic Teachers Intensive Course**

***With Stephanie Quirk in Colorado, 2012-2015***

*Proudly Sponsored by Iyengar Yoga Centers of Boulder and Denver*

### ***Introduction***

This six-part course will be happening in Denver and Boulder Colorado between 2012 and 2015. In total there will be six four-day sessions with Stephanie right here in sunny Colorado! At this time we are opening up registration for the entire course and are announcing the planned dates for the second and third years so you can mark your calendars and plan ahead. Each Session will begin with an anatomy class taught by Laura Antelmi who often teaches anatomy in conjunction with Stephanie's therapeutic yoga workshops.

### **Session 1: Boulder IYCB in Sept 2012**

***“Annamaya Kosha Appendicular Skeleton”***

#### **Schedule**

Day 1: Friday Sept 14 2012, 5pm – 7:30pm (Anatomy with Laura Antelmi)

Day 2: Saturday Sept 15 10:00am -1:00pm and 3:00-6:00pm

Day 3: Sunday Sept 16 10:00am -1:00pm and 3:00-6:00pm

Day 4: Monday Sept 17 10:00am -1:00pm and 3:00-6:00pm

Day 5: Tuesday Sept 18 10:00am -1:00pm and 3:00-6:00pm

#### **Cost and Registration**

The cost for this session is \$500.00

A deposit of \$250 is due no later than 3/1/12.

The balance of \$250 will be due at the door.

Please mail your check for Session 1 made out to Iyengar Yoga Center of Boulder  
*IYCB 2299 Pearl St #6, Boulder CO 80302*

For information on this session please email [laura@boulderyoga.com](mailto:laura@boulderyoga.com) or call 303-444-YOGA

*Iyengar Yoga Center of Boulder and Iyengar Yoga Center of Denver*

## Session 2 - Denver IYCD, October 2013

### *“Annamaya Kosha, Axial Skeleton”*

#### **Schedule**

Day 1: Wednesday Oct 9 2013, 5:00pm - 7:30pm (Anatomy)  
Day 2: Thursday Oct 10 2013, 10:00am -1:00pm and 3:00-6:00pm  
Day 3: Friday Oct 11, 10:00am -1:00pm and 3:00-6:00pm  
Day 4: Saturday Oct 12, 10:00am -1:00pm and 3:00-6:00pm  
Day 5: Sunday Oct 13, 10:00am -1:00pm and 3:00-6:00pm

#### **Cost and Registration**

The cost for this session is \$500.00

A Deposit of \$250 is due no later than 7/30/13.

Balance of \$250 due at the door.

Please mail your check for Session 2 made out to *Iyengar Yoga Center of Denver*

For information on this session please email [info@iyengaryogacenter.com](mailto:info@iyengaryogacenter.com) or call 720-570-9642

#### **Planned Schedule and Session Topics for Entire Course**

This information is provided for your planning purposes.

#### **Schedule (4 years)**

##### **Session 1: Annamaya Kosha, Appendicular Skeleton**

*Sept 15-18, 2012 Boulder-IYCB, Deposits in March 2012*

##### **Session 2: Annamaya Kosha, Axial Skeleton**

*October 10-13, 2013 – Denver-IYCD, Deposits in July 2013*

##### **Session 3: Pranamaya Kosha, Manomaya Kosha Physiological/Vital Body/Internal Organs - Upper**

*April 17-20, 2014 – Boulder-IYCB, Deposits in Jan 2014*

##### **Session 4: Pranamaya Kosha, Manomaya Kosha Physiological/Vital Body /Internal Organs - Lower**

*October 9-12, 2014 – Denver-IYCD, Deposits in July 2014*

##### **Session 5: Vijnanamaya and Anandamaya Kosha, Nervous System/Mental Health**

*April 2-5, 2015 – Boulder-IYCB, Deposits in Jan 2015*

##### **Session 6: Vijnanamaya and Anandamaya Kosha, Perception and Senses**

*Sept 17-20, 2015 – Denver-IYCD, Deposits in July 2015*

*Iyengar Yoga Center of Boulder and Iyengar Yoga Center of Denver*

## Requirements for Participation in This Course

This course is open ONLY to certified Iyengar Yoga Teachers. The first 2 days of each session are open to Intro 2 and above. The second 2 days (advanced topics) of the course may be observed by Intro 2 and above teachers and is open for participation to those who are certified Int Jr 1 and higher. If you have a question about whether you can attend any part of this course please contact us.

### Summary

For Each Session:

- Day 1 and 2 is open to all Certified Iyengar Yoga teachers = Intro 2 and above.
- Day 1 through 4 is open to Junior Intermediate 1 or above Certified Iyengar teachers or Intro II teachers who are currently assisting a Senior-level teacher in a therapy class. Intro 2 teachers who have not assisted in a therapy class may observe.

For the 2015 Sessions:

- Part 5 – 6: Day 1 - 4: Open to Junior Intermediate certified teachers and above only. (i.e. Intro-2s will not attend or observe these segments).

**Because you will be only observing part of these sessions, students who are Intro-2 will pay a total of \$350.00. Your deposit remains the same, but your payment at the door will be \$100.00. Intermediate Junior and above pay full price.**

**\*\* IMPORTANT\*\*:** Attendance in both sessions of year 1 is mandatory in order to attend years 2 and 3 due to the fashion in which the information is presented. Attendance of the anatomy class is included for each session but is not mandatory. NOTE: Students must attend all parts of this course in consecutive order. You cannot attend part 2 if you haven't taken part 1, etc.

## CANCELLATION POLICY

If you must cancel your registration, those doing more than 30 days prior to the first day of the session will receive a full refund minus a \$35 administrative fee. We regret that we will not be able give any refunds for cancellations made less than 30 days from the first day of a session. So please if you register, we're all counting on you to attend and remember you've already made a verbal commitment to Stephanie to attend her entire course here in Boulder.