

Ongoing Consultation and Mentorship

WITH TONY BRIGGS

Spring Session: May 10 – July 18, 2010

Fall Session: September 27 – December 5, 2010

TRADITIONALLY, THE PRACTICE OF YOGA AND THE ART OF TEACHING YOGA

were learned under the tutelage of a single teacher or at most a small number of teachers, over many years. This is still the best way to gain a deep and coherent understanding of these subtle and complex matters. I want to offer you an opportunity to embark on such a journey.

ON-GOING CONSULTATION AND MENTORSHIP: This program is designed for yoga teachers who have already completed a basic 200-hour teacher-training program and who recognize the value of on-going support and consultation with a seasoned senior teacher.

We will meet for 10-week Sessions during which you will take one asana/pranayama class each week selected from Tony's public-class schedule, assist Tony in one of his public classes each week (at The Yoga Loft in San Francisco and/or Turtle Island Yoga in San Anselmo), and participate in 10 hours of group consultation per 10-week Session.

The Group Consultations will meet at Turtle Island Yoga from 11:30 am – 2:00 pm on the following Saturdays:

SPRING SESSION: May 15, June 5 & 26, July 17

FALL SESSION: October 2 & 23, November 13, December 4

Each 10-week Session stands alone and requires a separate enrollment, so you can begin at any time, and take breaks as you need to, according to your interest and scheduling needs.

COST: \$750 per 10-week Session.

PRE-REQUISITES: A minimum of three years ongoing study with a known teacher; and a minimum of 24 hours of class-time with Tony Briggs within the last 12 months; plus you must have successfully completed a 200-hour yoga-teacher-training certificate program.

TO APPLY: Please contact Tony at tonybriggs108@sbcglobal.net or 415-488-1930 or PO Box 216, Woodacre, CA 94973.

TONY BRIGGS has been teaching yoga for over 25 years, and training yoga teachers for over 18 years. He has designed, administered and taught in teacher-training programs at the Iyengar Institute in San Francisco, Turtle Island Yoga in Marin, Yoga Programs in Santa Rosa, and at Yoga Tree in San Francisco. He is currently Senior Instructor in both the 200-hour Advanced Studies-Teacher-Training Program at the Yoga Loft and at Turtle Island Yoga.

