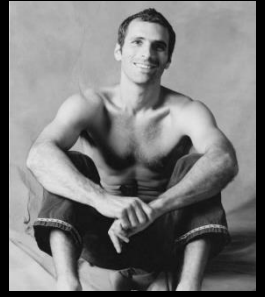




Bryan Kest Yoga Immersion



What is a 40-hour "Bryan Kest PowerYoga Training & Immersion?"

These 40 hours are dedicated to the philosophy & practice of Power Yoga with a slant toward sharing this practice with others. This training is 7-9 hours a day over a consecutive 5-day period, consisting of two sessions per day of 3-4 hours each with a 3-4 hour break in between sessions. A typical schedule would be 9:30 am to 1:30 pm, followed by 4:30 pm to 7:30 pm. Most sessions are split between practice and a mixture of discourse, interactive dialogue and question and answer assignments. You will also share this practice by teaching during our time together. We are focused and serious about the subject yet the training and practice is light-hearted.

What are the subjects covered in these 5 days?

So many different topics could arise during these interactive, non-dogmatic sessions. We could really graze across so much. Yet there is certain knowledge I want you to walk away with. You will know what Power Yoga is, you will learn a complete Power Yoga routine of about forty asana called 'Brahma' and you will practice sharing this routine. You will learn the multi-dynamic possibilities of every asana. You will learn Power Yoga philosophy and history and depending on time, we may learn some Sanskrit. Other topics include working with injuries, personalizing a practice, yoga & business and much more.

Will I get a certificate of completion?

If you attend each class, arriving on time and remaining for the duration of all sessions, complete all homework and requirements and if Bryan feels that you have earned it, yes; you will receive a certificate of completion from Bryan Kest and Santa Monica Power Yoga. Just remember, by attending this training you are not buying a certificate. You are buying an experience. Bryan has taught more than eleven teacher trainings. This is not a certificate mill.

Who is this training not for?

- Those who expect a traditional training.
- Those that have never experienced Bryan Kest.
- Those that have expectations of topics to be covered other than what has been mentioned.
- Those that don't like immense physicality and expanded mentality.

Recommended reading:

Bryan's teacher training comes with a recommended reading list. There is nothing mandatory. He only wishes to pass these books along to you because he has found simple and wonderful truths in each of these books and all seem to be tremendously motivating. He sincerely hopes that you all enjoy them as much as he did!

- Man's Eternal Quest by Paramahansa Yogananda
- The Art of Living by William Hart
- The Wisdom of James Allen by James Allen
- Sadhu's by Dolf Hartsuiker
- The Introduction to Light on Yoga by BKS Iyengar
- The Heart of Yoga by TKV Desikachar
- Thanks!: How Practicing Gratitude Can Make You Happier by Robert Emmons
- Courage: The Joy of Living Dangerously by Osho

In summary, these trainings are a personal sharing of Bryan's style and philosophy of yoga with you. It is designed to provide an environment where your own unique understanding and perspective of yoga emerges out of direct experience and dialogue and you become confident in sharing it.

About Bryan Kest:

Bryan has been involved with yoga practice since he was 15 years old, starting in Hawaii around 1978/9 with David Williams, the first person to bring Ashtanga Vinyasa Yoga to the USA. He started sharing his new-found experience almost immediately through his excitement and deep affinity with yoga thought. Through the years of study, practice and sharing, he has acquired a certain amount of experience and understanding that he brings into this program, which include almost 3 decades of practice but also over 18,500 classes he has conducted. He has had successes and has made mistakes, helped people and hurt people, all of which will be laid out for us to examine and learn from.

Bryan's Perspective:

All true wellness and health come from a calm and peaceful mind. A calm and peaceful mind is

- Less dominated by habits and addictive behaviour.
- Less reactive to outer situations (less stress).
- More centred and objective.
- More accepting of life and its fluctuations.
- More in tune with the body, breathe, feelings and intuition.

So, the poses naturally need to be infused with a purpose and meaning which brings insight and energy to an otherwise mundane physical practice of poses, or eastern calisthenics. In this way, the poses become asana or "meditation in motion." As we excel in this practice, our yoga begins to transcend the yoga room and permeates our life. In other words, a strong physical practice needs to be grounded in a strong mental practice.



"Nobody can do the work for me. I have to untie my own knots. I have to develop the strength to disempower my own habit patterns. Nobody can do this for me. And this is what the practice is all about."
Bryan Kest

