

Anatomy & Asana

with Laura Antelmi

Workshops for yoga teachers and students who are interested in deepening their knowledge of the human body to inform their teaching or their practice.

We will build human anatomy using clay - a powerful way to commit this information to memory - and will map this knowledge directly onto the human body through asana practice.

There will be discussion of anatomy as it relates to yoga postures, common injuries, and how to prevent and/or work with these injuries.

The workshops are comprehensive. Laura has over 20 years of experience making the study of anatomy not only accessible, but also engaging and fun!

For more about Laura, please visit <http://www.boulderyoga.com/>



Anatomy Workshops 2016

February 7 - Iyengar Yoga Center of Denver

February 21 - Hip Joints, Iyengar Yoga Center of Boulder

March 4-6 - Open Sky Yoga Center in Rochester, NY

March 20 - Spine, Iyengar Yoga Center of Boulder

April 3 - Knees, Iyengar Yoga Center of Denver

April 15-17 - Iyengar Yoga Center of Ojai, CA

April 24 - Shoulders, Iyengar Yoga Center of Denver

May 20-22 - Kalamazoo, MI

August 19-21 - High Desert Yoga in Albuquerque, NM

September 7-11 - Open Sky Yoga Center in Rochester, NY



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