

Anatomy & Asana

with Laura Antelmi

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/>



Lower Back and Pelvis January 8-10, 2016

Friday 6:00-8:00pm

Saturday 1:30-4:30pm & 5:00-6:30pm

Sunday 1:00-4:00pm

High Desert Yoga

4600 Copper Avenue NE, Albuquerque, New Mexico 87108-1271

\$165 pre-registered or \$185 at the door

Individual sessions \$55 by permission of instructor

For more information or to register, visit
<http://www.highdesertyoga.com/> or call 505-232-9642