



March 2017

Anatomy Series

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 which is a powerful way to commit this information to memory and together with asana practice we will map the knowledge directly to the human body.

There will be discussion of the 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 nearly 20 years of experience making learning anatomy not only accessible but also engaging and fun!

For more information and to register, please visit <http://boulderyoga.com/workshops.html>

Spine

Friday March 10, 1:30-3:00pm

Hips

Wednesday March 15, 6:00-7:30pm

Knees

Sunday March 19, 2:00-3:30pm

Shoulders

Saturday March 25, 12:00-1:30pm

\$30 per class

\$100 for whole series



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