

Register Online at <http://BoulderYoga.com/anatomy>

# Anatomy & Asana

## Fall Intensive with Laura Antelmi

### November 19 - 22, 2009



These trainings are a must have for yoga teachers and and yoga students who are interested in deepening their knowledge of the human body to inform their teaching, their practice or both!

Laura's workshops involve using clay to build body parts on skeletons as well as working on the yoga mat with postures so that students feel the muscles they will build on models with clay. This approach

gives participants both visual and experiential understanding of the structures and systems they are studying.

Laura's diverse knowledge and experience makes her teaching both lucid and penetrating. Her clarity of presentation gives yoga teachers and students of yoga a powerful way to discover the human body, its beauty and intelligence, and a lasting knowledge based in direct experience to apply in their practice and teaching.

## REGISTRATION

Cost for full Intensive: \$500  
Visit [boulderyoga.com](http://boulderyoga.com) for more information and register online.

## LOCATION

All regular class sessions to be held Boulder Yoga on Pearl St in downtown Boulder, Colorado. Cadaver Lab in Broomfield, Colorado.

## SCHEDULE

Thursday Spine and Pelvis  
9am - Noon and 2pm - 5:30pm

Friday Pelvis and Legs  
9am - Noon and 1:30pm - 3:30pm  
Friday Cadaver Lab  
4:30pm - 7pm

Saturday The Knees and Feet  
8:30 - 11:30am and 1pm - 4:30pm

Sunday Shoulder Musculature  
Noon - 5:30pm



**Iyengar Yoga Center**

**OF BOULDER**

2299 Pearl St #6 (corner of Pearl & 23rd St) • [boulderyoga.com](http://boulderyoga.com) • 303-444-YOGA