

IYENGAR YOGA CENTER OF BOULDER presents

Anatomy in Clay

Boulder Weekend Seminar: The Anatomy of Yoga Asana

with Laura Antelmi, Weekend of April 22-24 2011



Laura Antelmi is an Intermediate Jr. 3 Certified Iyengar Yoga Instructor and Certified Kinesthetic Anatomist KA2, Director of the Iyengar Yoga Center of Boulder. She has studied in India with Geeta and B.K.S. Iyengar.

Upcoming 2 Hour Classes

Laura is also offering the following two afternoon classes this spring.

Axial System: Focus on the Neck
March 19th 2-4pm
\$40

Appendicular System: The Feet and Ankles
May 14th 2-4pm
\$40

Here is a unique opportunity to study with Laura Antelmi the only KA2 level certified Kinesthetic anatomist.

Laura's dynamic and playful approach teaches both a structural and functional understanding of the human body. Laura combines movement, imagery, yoga postures in addition to working with the clay. It will give you a 3 dimensional view of the body. This seminar is a weekend long, *hands-on* intensive including asana practice and indepth sessions with Laura, and working with clay. It is open to anyone with an interest in developing a deeper understanding of their body and their practice.

Featured Weekend Seminar April 22-24th

Lower Limbs and Hip Joints
Friday April 22 6:30-8:30PM

Appendicular System (Knees and Knee Ligaments)
Saturday April 23 2-5pm

Upper Limb - Shoulder/Elbow Joints
Sunday April 24 12-3pm

Yoga Asana Classes:
Saturday April 23, 8:30 til Noon
Sunday April 24, 8:30 til 9:45am



Cost of Weekend Seminar

Entire Seminar \$165
Entire Seminar, Just Anatomy \$120
Single Anatomy Class \$40
Single Yoga Class \$20 (non-members)

**Current IYCB Members are welcome and may use their memberships, class packs, or pay \$17 drop in to the asana classes. Anatomy classes sold separately

For Information or to Register Online

Visit: boulderyoga.com Email: contact@boulderyoga.com Or Call: 303-444-YOGA