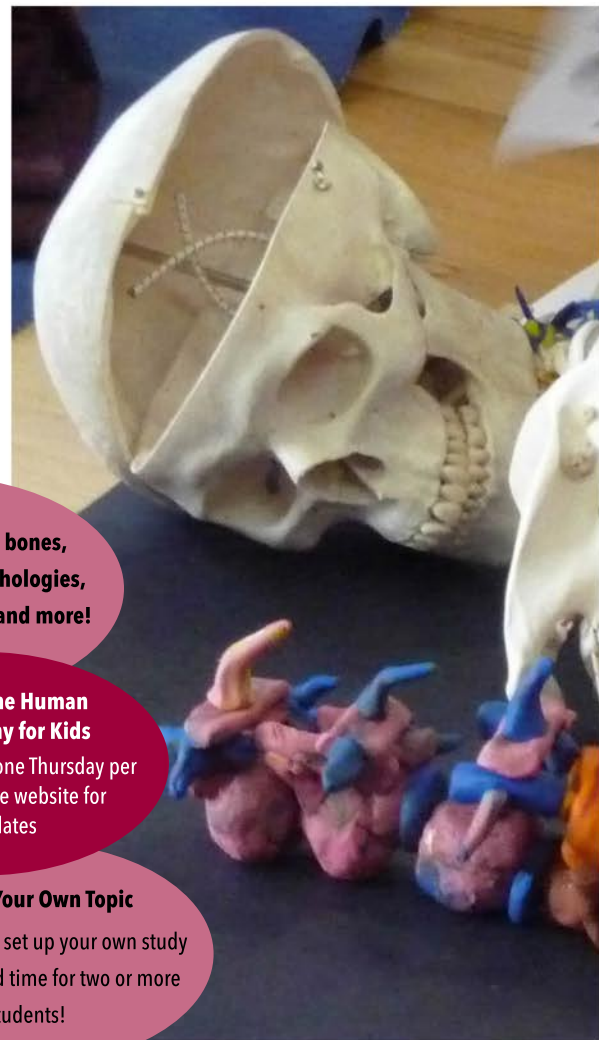


Anatomy

with **Laura Allard-Antelmi**

at the Anatomy Study Studio at 49th & Pearl in Boulder

Class Schedule for Spring-Summer 2018



April

Nervous System - Wednesday, April 18, 3:15-5:00pm

Muscles of Breathing - Sunday, April 22, 3:15-5:00pm

Extrinsic Shoulders: Rhomboids, Pectorals,

Trapezius, Latissimus, Deltoids - Wednesday, April 25, 3:15-5:00pm

Neck: Bones and Inner Muscles - Sunday, April 29, 3:15-5:00pm

May

Kidneys - Wednesday, May 2, 3:15-5:00pm

Lumbar Plexus: Sciatic Nerve and Femoral Nerve - Thursday, May 10, 3:15-5:00pm

Feet - Friday, May 11, 4:15-6:00pm

Brachial Plexus: Nerves from the neck down the arm, radial median and ulnar nerves - Wednesday, May 16, 3:15-5:00pm

Neck and Shoulder Muscles: Rhomboids, trapezius, scalenes, levator scapula - Wednesday, May 23, 3:15-5:00pm

Lower Arm: Forearm muscles and extensors - Wednesday, May 30, 3:15-5:00pm

June

Rotator Cuff and Shoulders - Friday, June 1, 4:15-6:00pm

Sacrum and Iliopsoas - Wednesday, June 6, 3:15-5:00pm

Knees - Friday, June 8, 3:15-5:00pm

Spine - Sunday, June 10, 3:15-5:00pm

Spine Intensive: Sacrum, Nerves, Ligaments, Layers of the Back Muscles - Saturday, June 16, 2:00-6:00pm, \$75 (\$65 early bird)

Hip Joints Intensive: Hip Joints, Ligaments, Adductors, Gluteals, Iliopsoas, Iliotibial Band - Saturday, June 30, 2:00-6:00pm, \$75 (\$65 early bird)

Build muscles, move bones,
study function and pathologies,
know the vital organs, and more!

Wonders of the Human Body: Anatomy for Kids

Classes will be held one Thursday per
month 4-5pm, see website for
specific dates

Choose Your Own Topic

Contact Laura to set up your own study
group topic and time for two or more
students!

Laura Allard-Antelmi is an internationally acclaimed teacher of anatomy and Iyengar yoga with more than 20 years of experience making anatomy accessible, engaging, and fun!

Laura's classes develop a concrete and practical understanding of anatomy through clay modeling. This knowledge is then mapped onto the body through the practice of yoga postures. Classes also address common injuries, injury prevention, and the treatment of injuries from an anatomical perspective.

Yoga teachers and students will find that a knowledge of anatomy will inform their teaching and/or practice, deepening their understanding of the yoga postures and their effects on the body.

In addition to her workshops in Boulder, Laura travels nationally and internationally to teach anatomy. Her full schedule can be found online at <http://www.boulderyoga.com/>.

\$35 for one class, \$90 for any 3 classes (intensives excluded)

Classes are not sequential and may be taken individually and in any order.
Classes on the same topic will cover the same material each time.

Classes will take place at **4944 Pearl Street, Unit C, Boulder, CO 80301**

For details and registration, visit <http://www.boulderanatomy.com/>
Questions? Contact Laura: laura@boulderanatomy.com or 303-444-YOGA