

Anatomy

with **Laura Allard-Antelmi**

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

Class Schedule for September 2018

Spine – Wednesday, September 5,
3:15-5:00pm

Spine & Sacrum, Iliopsoas, Sciatic Nerve
– Sunday, September 9, 3:15-5:00pm

**Hips: Joints, Ligaments, Adductors,
Abductors** – Wednesday, September 12,
3:15-5:00pm

**Hips: Joints, Lateral Hip Rotators,
Adductors, Abductors, Gluteals,
Iliotibial Band** – Sunday, September
16, 3:15-5:00pm

**Shoulders: Rotator Cuff, Deltoids,
Serratus** – Wednesday, September 19,
3:15-5:00pm

**Shoulders: Extrinsic Muscles, Rotator
Cuff Review, Rhomboids, Pectorals,
Trapezius, Lattisumus** – Friday,
September 28, 4:15-5:45pm

**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

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

