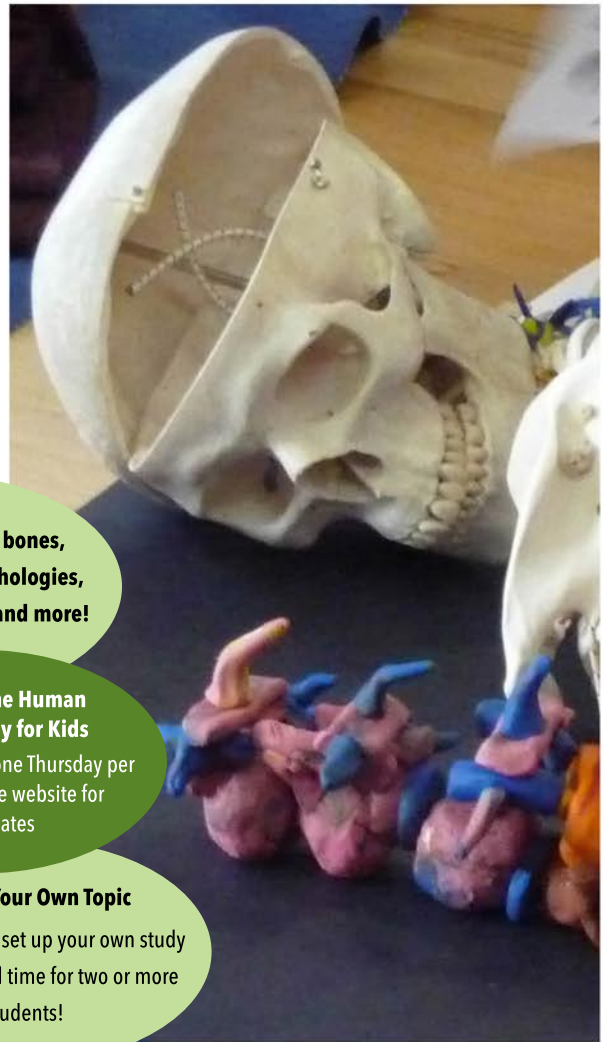


# Anatomy

with **Laura Allard-Antelmi**

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

## Class Schedule for Fall-Winter 2018



### **Shoulders: Extrinsic Muscles, Rotator Cuff Review,**

**Rhomboids, Pectorals, Trapezius, Lattisimus -**

Friday, September 28, 4:15-5:45pm

**Knees -** Wednesday, October 3, 3:15-5pm

**Knee Joints, Ligaments, and Muscles; Quadriceps and Hamstrings -** Sunday, October 7, 3:15-5pm

**Feet -** Wednesday, October 10, 3:15-5pm

**Forearms and Hands, Carpal Tunnel -** Sunday, October 14, 3:15-5pm

**Heart & Lungs -** Friday, October 19, 4:15-6pm

**Digestive System -** Sunday, October 21, 3:15-5pm

**Neck & Shoulders -** Wednesday, October 24, 3:15-5pm

**Shoulder Girdle -** Sunday, October 28, 3:15-5pm

**Spine -** Wednesday, November 7, 3:15-5pm

**Spine, Sacrum, Iliopsoas, & Sacrum -** Sunday, November 11, 3:15-5pm

**Muscles of Breathing -** Wednesday, November 14, 3:15-5pm

**Hip Joints -** Sunday, November 18, 3:15-5pm

**Knees -** Friday, November 30, 4:15-6pm

**Nervous System -** Wednesday, December 5, 3:15-5pm

**Reproductive System & Pelvic Floor -** Sunday, December 9, 3:15-5pm

**Muscles of Breathing -** Wednesday, December 12, 3:15-5pm

**Rotator Cuff & Shoulders -** Sunday, December 16, 3:15-5pm

**Hip Joints, Adductors, Gluteals, Hamstrings -** Wednesday, December 19, 3:15-5pm

**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](mailto:laura@boulderanatomy.com) or 303-444-YOGA