

Anatomy

with **Laura Allard-Antelmi**

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

Class Schedule for Spring 2019



February

Spine Bones & Muscles Intrinsic

Thursday, February 14, 3:15-5pm

Hips: Adductors, Abductors, Gluteals

Sunday, February 17, 3:15-5pm

Shoulders: Rotator Cuff

Wednesday, February 27, 3:15-5pm

Knees

Thursday, February 28, 3:15-5pm

March

Feet

Wednesday, March 6, 3:15-5pm

Spine Muscles Extrinsic

Thursday, March 7, 3:15-5pm

Spine, Sacrum, Iliopsoas, Sciatic Nerve

Saturday, March 9, 3:15-5pm

Digestive System

Thursday, March 21, 3:15-5pm

Heart and Lungs

Thursday, March 28, 3:15-5pm

April

Hip Joints, Hamstrings, Quadriceps

Thursday, April 11, 3:15-5pm

Shoulder Girdle

Sunday, April 14, 3:15-5pm

Nervous System

Thursday, April 25, 3:15-5pm

Muscles of Breathing, Spine, Ribs, Sternum

Sunday, April 28, 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 or 303-444-YOGA