

Anatomy

with **Laura Allard-Antelmi**

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

Class Schedule for Spring 2020

January

Spine - Intrinsic

Thursday, January 30, 12:15-1:30pm

February

Hip Joints, Adductors, Abductors

Thursday, February 6, 12:15-1:30pm

Knees - Ligaments, Meniscus, Quadriceps

Sunday, February 9, 3:15-5:00pm

Shoulders & Rotator Cuff

Thursday, February 13, 12:15-1:30pm

Spine - Extrinsic

Sunday, February 16, 3:15-5:00pm

Heart & Lungs

Thursday, February 27, 12:15-1:30pm

March

Spine - Bones and Intrinsic Muscles

Sunday, March 8, 3:15-5:00pm

Shoulders - Extrinsic Rhomboids, Latissimus, Trapezius

Thursday, March 12, 12:15-1:30pm

Digestive

Thursday, March 19, 12:15-1:30pm

Sacrum, Iliopsoas, Sciatic Nerve, and Piriformis

Sunday, March 22, 3:15-5:00pm

Feet

Thursday, March 26, 12:15-1:30pm

April

Knee Joints

Thursday, April 2, 12:15-1:30pm

Shoulders

Sunday, April 5, 3:15-5:00pm

Carpal Tunnel

Thursday, April 9, 12:15-1:30pm

Spine & Nervous System

Sunday, April 26, 3:15-5:00pm

Muscles of Breathing

Thursday, April 30, 12:15-1:30pm

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

Wonders of the Human
Body: Anatomy for Kids
Contact Laura for details
and schedule.

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/>.

Thursday classes: \$35 for one class, \$90 for any 3 classes

Sunday classes: \$40 for one class, \$105 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

