

Anatomy

with **Laura Allard-Antelmi**

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

Class Schedule for Spring 2018

February

Intrinsic Spine: Bones, Ligaments, Muscles, Joints –

Wednesday, February 7, 3:15-5:00pm

Extrinsic Spine: Outer Muscles –

Friday, February 9,
4:15-6:00pm

Sacrum & Psoas –

Wednesday, February 14,
3:15-5:00pm

Hip Joints and Musculature: Adductors and

Abductors – Saturday, February 17, 3:15-5:00pm

Carpal Tunnel –

Wednesday, February 21, 3:15-5:00pm

Rotator Cuff & Shoulders –

Sunday, February 25,
3:15-5:00pm

Lateral Hip Rotators –

Wednesday, February 28,
3:15-5:00pm

March

Shoulders: Joint and Rotator Cuff, Biceps, Triceps –

Saturday, March 3, 3:15-5:00pm

Muscles of Breathing –

Wednesday, March 7,
3:15-5:00pm

Abdominals & Core Muscles –

Wednesday, March 14,
3:15-5:00pm

Pelvic Floor –

Wednesday, March 21, 3:15-5:00pm

Knees –

Sunday, March 25, 3:15-5:00pm

Hip Joints and Hamstrings –

Friday, March 30,
4:15-6:00pm

April

Digestive –

Wednesday, April 4, 3:15-5:00pm

Carpal Tunnel –

Friday, April 6, 4:15-6:00pm

Spine: Bones and Musculature –

Saturday, April 7,
3:15-5:00pm

Heart & Lungs –

Wednesday, April 11, 3:15-5:00pm

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

**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

