

# YOGA FUNCTIONAL ANATOMY & INJURY PREVENTION LAB

with Sami Ashenbrenner, DPT, RYT

## Core + Spine

## Understanding Lower Lumbar, Thoracic Spine and the Anatomy of the Core and Diaphragm

Fri, Nov 16 5:30pm-9pm

Sat, Nov 17 7am-4pm

Sun, Nov 18 7am-4pm

Broadway studio - 2122 S. Broadway, Boise

\$225 - 3 day workshop

### In this comprehensive intensive, you will:

- *Examine the complexities and importance of the core and the diaphragm. Focus on respiration and the importance of yogic breath.*
- *Explore the structural and functional anatomy of the lower lumbar, thoracic spine and connection and relation to pelvis .*
- *Understand the safest way to balance stability and flexibility in the spine and core in every category of yoga posture.*
- *Learn to heal your own injuries and work with muscular imbalances, joint dysfunction, pain and common misalignment patterns.*
- *Review key postures that are often taught incorrectly.*
- *Master the tools to create safe, purposeful and cohesive vinyasa sequences.*
- *Appreciate and take care of the body you inhabit every single day of your life!*

In the EHY Yoga Functional Anatomy Labs, you will have the opportunity to study body mechanics and learn how our bones, muscles and ligaments interact in a yoga asana practice. This in-depth training will be a combination of lecture, discussion, demonstration and practice. Teachers will earn hours toward their 300 hour EHY teacher training. Open to the community.

Register online on our website under Workshops or on Eventbrite.