

# YOGA FUNCTIONAL ANATOMY & INJURY PREVENTION LAB

with Sami Ashenbrenner, DPT, RYT

## Feet to Pelvis:

## Understanding Knee, Sacroiliac Joint and Hip Mechanics

Fri, Sept 14 5:30pm-9pm

Sat, Sept 15 7am-4pm

Sun, Sept 16 7am-4pm

Broadway studio - 2122 S. Broadway, Boise

\$225 - 3 day workshop

### In this comprehensive intensive, you will:

- *Examine the basic principles of ball and socket and hinge joints, along with the foundations and concepts of joint mobility.*
- *Explore the structural and functional anatomy of the feet, legs and pelvis.*
- *Understand the safest way to practice 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.