

# YOGA FUNCTIONAL ANATOMY & INJURY PREVENTION LAB

Neck + Shoulders: Understanding the ball and socket joint of the shoulder and the mechanics of the cervical spine



**FRI, FEB 22, 2019 • 5:30PM-8:30PM**

**SAT, FEB 23, 2019 • 8AM-4PM**

**SUN, FEB 24, 2019 • 8AM-4PM**

**EHY Broadway Studio - \$225**

**Sami Ashenbrenner, Doctor of Physical Therapy (DPT) and Registered Yoga Teacher (RYT)**

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.

In this comprehensive intensive, you will:

- **UNDERSTAND THE STRUCTURAL AND FUNCTIONAL ANATOMY OF THE CERVICAL SPINE AND THE COMPLEXITIES OF THE SHOULDER SOCKET.**
- **LEARN THE PROPER WAY TO DO CHATURANGA AND EXPLORE WAYS TO KEEP YOUR SHOULDER JOINT SAFE IN VINYASA YOGA CLASSES.**
- **EXAMINE SAFE AND EFFECTIVE WAYS TO USE AND IMPROVE YOUR SHOULDER STRENGTH AND FLEXIBILITY – ESPECIALLY IN IN DEMANDING POSTURES.**
- **LEARN HOW TO HEAL YOUR OWN INJURIES AND WORK WITH MUSCULAR IMBALANCES, JOINT DYSFUNCTION, PAIN AND COMMON MISALIGNMENT PATTERNS.**



**Register online on our website under Workshops or on Eventbrite.**

**ESSENTIALHOTYOGA.COM ❖ 208-971-0238**

