

YOGA FUNCTIONAL ANATOMY & INJURY PREVENTION LAB

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



September 2019, dates coming soon!

EHY Broadway Studio - \$225

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

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:

- *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.*

Register online on our website under Workshops or on Eventbrite.

essentialhotyoga.com



208-971-0238

