

YOGA FUNCTIONAL ANATOMY & INJURY PREVENTION LAB

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



November 2019, dates coming soon!

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:

- **EXAMINE THE COMPLEXITIES AND IMPORTANCE OF THE CORE AND THE DIAPHRAGM.**
- **EXPLORE RESPIRATION AND THE IMPORTANCE OF YOGIC BREATH.**
- **UNDERSTAND THE STRUCTURAL AND FUNCTIONAL ANATOMY OF THE LOWER LUMBAR, THORACIC SPINE AND CONNECTION AND RELATION TO PELVIS.**
- **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



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