

EXPERIENTIAL ANATOMY

A 20-HOUR YOGA TRAINING WITH JUDITH HANSON LASATER

MARCH 30-APRIL 1, 2012 · SALT LAKE CITY, UTAH



Deeply understanding the anatomy and movement principles of the body is an invaluable tool for yoga teachers and serious students. Not only does it help your teaching, it also enriches your own practice.

In this workshop we will practice Active Practice in the morning session and Quiet Practice in the afternoon session. But our work will be focused around learning specific anatomy by feeling it in our bodies and seeing it in other bodies. Not only will we stretch the hamstrings, for example, but we will also learn exactly where they attach and what exactly it is they do in the body besides make forward bends challenging.

The required text will be Judith's new book, *Yoga Moves: The Anatomy of Asana*, which will be available for sale at the workshop.

JUDITH HANSON LASATER, PH.D, P.T.

Judith Hanson Lasater, Ph.D, and Physical Therapist and internationally-known yoga teacher, has taught yoga since 1971. She is a founder of the Iyengar Yoga Institute in San Francisco as well as *Yoga Journal* magazine. Ms. Lasater frequently trains teachers in virtually every state and is often an invited guest at international yoga conventions. She is president of the California Yoga Teachers' Association as well as the author of numerous articles on yoga and health for nationally recognized magazines. She is the author of *A Year of Living Your Yoga: daily practices to shape your life* (2006), *Yoga Abs: moving from your core* (2005), *Yoga for Pregnancy: what every mother-to-be needs to know* (2004), *30 Essential Yoga Poses: for beginning students and their teachers* (2003), *Relax and Renew: restful yoga for stressful times* and *Living Your Yoga: finding the spiritual in everyday life*. Her latest book, *Yogabody: Anatomy, Kinesiology and Asana*, was published in 2008.



TUITION

\$575 Early Bird: paid in full before
February 17, 2012
\$625 paid in full after February 17, 2012
\$250 deposit will hold your space
\$100 single classes if available

SCHEDULE

3/30-31:
10:30AM-1:30PM & 2:30-6:00 PM
4/1:
10:00AM-1:00 PM & 2:00-5:00 PM

VENUE

Rose Wagner Black Box Theatre, 138 W.
Broadway, SLC, UT

CANCELLATION POLICY:

Tuition is fully refundable until February
17, 2012, **if your space can be filled.**
After February 17, tuition is refundable
minus a 20% processing fee if your space
can be filled.

BRING

Five firm blankets, strap, two blocks, sticky
mat and eye cover. A limited number of
props will be available at the venue, but will
be reserved first for those traveling by air.

TO REGISTER

Send a check made out to Charlotte Bell to:
981 South Lincoln St., SLC, UT 84105 or
pay through PayPal. See charlottebellyoga.com
for more information about online
registration.

CONTACT

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This workshop
is sponsored in
part by RDT's
Community
School.