

ADVANCED ANATOMY & YOGA THERAPY

TWO PART WORKSHOP!

TEACHERS:

TRACIE BRACE, E-RYT 500
& PAUL HATTON, D.C.

OCTOBER 6-7 &
NOVEMBER 3-4, 2007

SATURDAYS: 12 – 6 PM
SUNDAYS: 9 AM – 5 PM



- ✦ **PROGRESS** your standing from Yoga Teacher to Yoga Professional
- ✦ **RELATE** yoga poses to the functional anatomy and the healing process
- ✦ **DISCOVER** the art of Yoga Cikitsa (Yoga Therapy)
- ✦ **INCREASE** the safety and efficiency of your yoga practice and teaching
- ✦ **ELEVATE** your skill to identify and eliminate poor posture habits with greater awareness of core musculature
- ✦ **ENHANCE** your understanding of the respiratory system
- ✦ **BECOME** skilled at applying pranayama techniques therapeutically
- ✦ **LEARN** to use the dynamic breath to eliminate the effects of stress
- ✦ **DEVELOP** the knowledge of your energy system and the relationship to the nervous and endocrine systems.
- ✦ **CREATE** a synergistic relationship with all systems of the body

SEE OTHER SIDE FOR MORE ABOUT THIS IMPORTANT WORKSHOP AND HOW TO ENROLL!

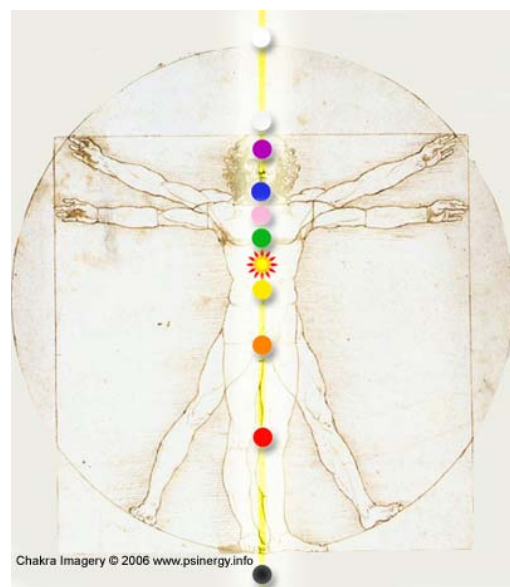
✦ **YOGA RASA** ✦

3800R Spencer Hwy ✦ Pasadena, TX 77504 ✦ 713-941-9642 ✦ www.yogarasa.net

ADVANCED ANATOMY & YOGA THERAPY



Join Tracie Brace and Paul Hatton as they team up and offer in a fun and inspirational way, an in-depth anatomy and yoga cikitsa study. Hone your skills of observation through a deeper understanding of your body and the ancient healing modality of Yoga. This workshop will further develop your knowledge of the muscles and structures that are some of the most overlooked but at the same time the most important in the entire body, interior core muscles and muscles of respiration. Conscious attention with specialized knowing of the inner workings of these structures helps bring awareness and therefore better functionality. Better teaching and evaluation strategies will be the inevitable consequence of your expanded understanding and closer point of view.



TUITION

Registration: \$325

Early Bird: \$260 due 9/15

PREREQUISITE: ANATOMY OF YOGA

If a student would like to take this course without having taken Level 1 it is required to take the Mini Basic Anatomy Course (4 hrs, offered on Sept 29). Also, if it has been more than one year since Anatomy of Yoga plan to attend the Mini Basic Anatomy.

**ENROLL EITHER IN PERSON OR OVER THE PHONE – 713-941-9642.
SIGN UP EARLY AND SAVE \$\$\$!**



✦ **YOGA RASA** ✦

3800R Spencer Hwy

Pasadena, TX 77504

713-941-9642

✦ www.yogarasa.net ✦

