

Anatomy of Yoga

Maintaining Health for Life

Liz Antognoli (Shanti Tarini),
RYT 500 & E-RYT 200



By gaining a basic understanding of how your body works, you will be able to improve and maintain your health for years to come! This course will enable you to understand and teach the principles of alignment & form.

An in-depth, two-weekend course!

February 9 and 10 & April 12 and 13, 2008

Saturday 12 pm – 6 pm • Sunday 8 am – 5 pm

\$280 Registration

\$225 Early Bird*

*Non-refundable deposit of \$75 due 1/19/08, balance due 1/26/08

We will cover in-depth anatomy and through study and experience, the systems of the body – including musculoskeletal, nervous, cardiovascular, and respiratory.

You will learn:

- Major muscles & bones
- Physiology of breathing
- Biomechanics of movement
- Workings of the stress/relaxation response
- Methods of increasing flexibility and strength
- Techniques for keeping healthy backs & knees
- How the koshas lead to understanding health
- Introduction to the power of understanding the chakras, nadis and Vayus
- Primer on pranayama, bandha, mantra to perceive and balance the energetic system



Yoga Rasa

3800R Spencer Hwy • Pasadena, TX 77504
Phone: 713-941-9642 • Website: www.YogaRasa.net



About your teacher....



Liz Antognoli

Liz first came to yoga through a desire to connect with and strengthen her core physically, mentally, and spiritually. She quickly became a dedicated and enthusiastic student of both yoga and Ayurveda, a pursuit that led her to spend time in India in December 2004.

“When the student is ready, the teacher will appear.” Along her path of yoga, Liz has studied with senior teachers such as Tracie Brace, Swami Atma, Shiva Rea, Sandra Summerfield Kozak, Rod Stryker, Beryl Bender Birch, and Sean Corn. Liz has over 500 hours of yoga teacher training, is certified through Yoga Rasa, and is registered nationally with Yoga Alliance. Liz completed a 300-hour Ayurvedic healing course developed by Vedic scholar Dr. David Frawley. She is certified as an Ayurvedic Health Educator through the American Institute of Vedic Studies.

Liz serves as the Assistant Director of Yoga Studies at Yoga Rasa. Liz teaches several weekly classes as well as workshops in anatomy and Ayurveda. She also provides personal Ayurvedic consultations. In both her yoga and Ayurvedic practices, Liz devotes herself to helping her students achieve their personal visions. Liz has also founded the global Yoga Student Association with Tracie in 2007, to take their vision worldwide.

“A synthesis of science and spirituality” is how Liz describes her teaching and practice style. Before making yoga her full-time endeavor, Liz worked at NASA’s Mission Control for nine years and has spent many years studying physics and the scientific approach to life. Like yin and yang, scientific study naturally complements the teachings of yoga and Ayurveda. Both Eastern spirituality and Western science seek to discover and explain the nature of the world, and the ultimate Truth. Through her familiarity with both methods, Liz creates a unique and dynamic path using both approaches as needed for the situation or the individual.



Registered Yoga School



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