

# DYNAMIC ANATOMY WORKSHOP

Saturday 25th & Sunday 26th September 2010

## SCHEDULE FOR BOTH DAYS:

morning: 8:30am - 10:30am (postures)

afternoon: 12:30pm to 3:30pm (theory including break)

## COST:

*« earlybird price until the 13th of sept »*

full workshop

**earlybird 200/ 240CHF**

morning classes only

**earlybird 50/ 65 CHF**

## REGISTRATION:

**info@solunayoga.ch**



## **Core strength (bandhas) and spinal stability**

In this workshop you will learn about the core muscles which support the lower spine and the pelvis.

Strong core muscles allow you to practice in a safe and efficient manner and **your poses will feel lighter** with less effort.

**Jean** will explain why many students of yoga tend to be better at either forward bends or back bends; what this means for their personal practice of yoga and how they can improve this imbalance.

We will also discuss balancing the tilt of the pelvis which is an important factor in the practice and teaching of yoga. Lack of awareness of this can lead to lower back problems and knee injuries. **Principles of injury prevention** will be given in a concise and practical manner meaning that you will be able to apply this knowledge immediately into your yoga.

**You do not need any previous knowledge of anatomy to benefit from this workshop.** The information is presented in a practical manner using demonstrations, worksheets, skeletons and group discussion. Suitable for beginner students through to experienced practitioners and teachers of yoga.

**Jean Campbell has been teaching yoga for 15 years.**

**The styles of yoga she has studied and taught include Ashtanga, Iyengar, Vinyasa and Pre and Post-Natal Yoga. Her teaching emphasises core strength and stability. Her classes are dynamic, strengthening and informative. She believes it is important for students of yoga to understand the movements of the body in order to gain the full benefits of the postures (asanas).**

**Jean trains yoga teachers in Europe, China and Malaysia and within her own country, Australia. She loves yoga because it is such an effective system for cultivating awareness, strength & flexibility, and at the same time stilling & calming the mind. She is registered with Yoga Alliance as an ERYT 500 and holds a Certificate IV in Yoga Teacher Training in Australia.**