

# Anatomy Awareness in Asana

A Weeklong Class Series with Julie Gudmestad, former writer of the 'Anatomy of a Yogi' column in Yoga Journal

August 9 - 13, 2010



**IN THIS CLASS SERIES** you will get much more than a traditional classroom lecture on anatomical terminology, bones, muscles and joints. In a hands-on, open-for-questions environment you will:

- Learn to “see” muscles in action, and correctly describe the movement.
- Understand how muscles interact to form movement patterns in yoga poses.
- See demonstrations of both structure and function.
- Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic affects of subtle changes in alignment.
- Become an advocate of the value of proper alignment for the safety of yoga poses.

**BY THE END OF THE SERIES**, you will have learned to identify structures visually, by palpation and by “feel”, because you will have gained the foundation to understanding the anatomy underlying these structures.

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**DATES:**

August 9 - 13, 2010                      Monday through Friday                      9am - noon & 2pm - 4pm

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**LOCATION:**

Gudmestad Yoga Studio                      3903 s.w. Kelly, suite 210, Portland, OR 97239                      (503) 223-8157

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**COST:**

\$625.00 for the week

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**REGISTRATION:**

Please go to [www.gudmestadyoga.com](http://www.gudmestadyoga.com) to download a registration form.

Early registration is recommended to reserve your space. Due to the sequential nature of the classes, we will not take partial registrations.

Send \$50 non-refundable deposit or full tuition to:

Gudmestad Yoga Studio, 3903 s.w. Kelly, suite 210, Portland, OR 97239

**Please note** that we ask you to make full payment by August 1st to hold your space in the workshop, or your space may be given to someone on the waiting list. If you need to make special financial arrangements, please call us at (503) 223-8157 before August 1st.

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To register, please fill out this form, clip and mail with your check to:

## Gudmestad & Associates

Name: .....

Address: .....

City, State & Zip: .....

Home Phone: ..... Work Phone: .....

Email: .....

Please send me information about lodging options.

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3903 s.w. Kelly, suite 210 • Portland, Or 97239

phone: (503) 223-8157 • fax: (503) 248-4730

info@gudmestadyoga.com • www.gudmestadyoga.com  
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