## Upen Sky Yoga presents the Art of natomv



## 5 day TEACHER TRAINING MODULE

## with Laura Antelmi

**September 7-11, 2016** 

In this five-day training, you will study experiential anatomy hands-on, both through asana practice and by building representational structures of the body in the tactile medium of clay. Laura covers the facts about anatomical structure, pathologies, and common injuries in relation to yoga. Attendees will gain a deeper feel for the subject and also learn how to organize a program for others to understand anatomy and its relationship to asana.

Laura Antelmi is a Certified Iyengar Yoga Instructorand Certified Kinesthetic Anatomist KA2, Director of the Iyengar Yoga Center of Boulder. She has studied many times in India with Geeta and B.K.S. Iyengar and is teaching anatomy and yoga seminars worldwide.

For information:

www.openskyyoga.com voqawave@rochester.rr.com

> No refunds unless you find somebody to take your place.

Day 1 The spine Day 2 The pelvis and abdominal wall Day 3 The Leg

(knee, feet, etc..) Day 4 The shoulder

Day 5 Review & teaching anatomy practicuum

Location: 5 Arnold Pk. behind Zen Center

Time: 9 am-12 pm, 2-5 pm

Fees: \$695 10% discount for ETT graduates, students, seniors.





Send your registration (check or charge) to: Open Sky Yoga Center, 957 East Avenue, Rochester NY 14607

| Name   |                         |
|--|-------------------------|
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| □ Enclosed is my check for \$, pa                                | yable to Open Sky Yoga. |