



Open Sky Yoga *presents*

the Psoas

Anatomy and Practice

with **Carla Anselm** RYT 500, Doula

April 5, 2014 3-6pm \$60

Carla Anselm has been a student of yoga for over a decade. She began her training in 2001 at Shakti Yoga Center in NYC. Continuing her training within the Iyengar tradition, Carla completed Francois Raoult's Essential Teacher training and Advanced Teacher Training at Open Sky Yoga Center in 2007. In 2009, she was certified as an Advanced Restorative Yoga Teacher by Judith Hanson Lasater. Carla is also an experienced doula and Prenatal Yoga Teacher. She leads the Prenatal and Postpartum Yoga Teacher Training offered at Open Sky Yoga Center 2013, 2014. Filled with curiosity and the call to live her yoga with authentic voice, Carla continues her studies with Francois Raoult, Dr. Douglas Brooks, Judith Hanson Lasater, and various senior Iyengar teachers.

For information:

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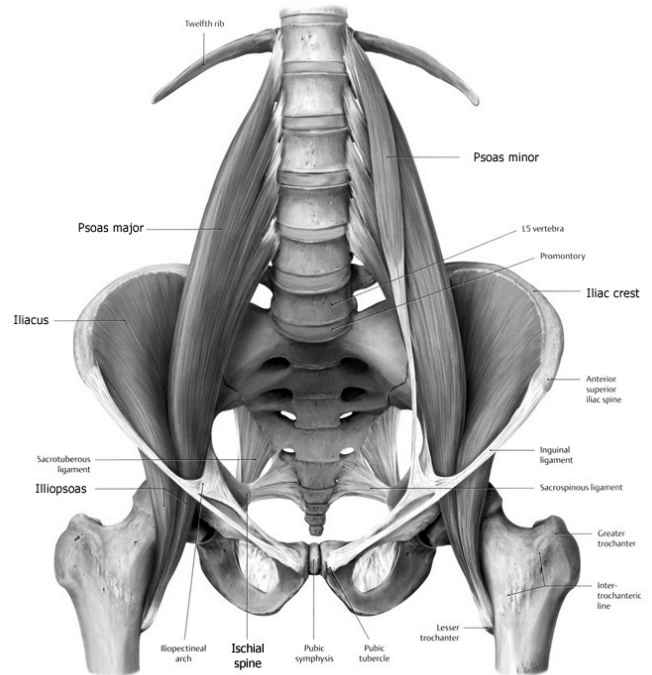
Location:

5 Arnold Pk., behind Zen Center

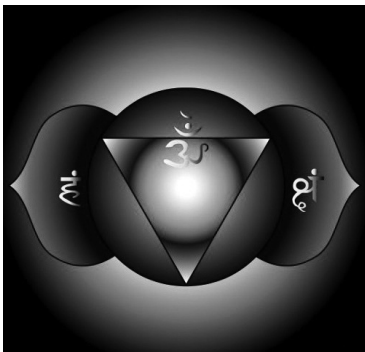
In this workshop we will look at the musculoskeletal system, basic prime movers and antagonists in healthy sitting, standing, walking and resting. We will explore a series of asana in which we will apply experiential study of the psoas major and the iliopsoas. We will develop an understanding of agonists, synergists and stabilizers to improve tone, flexibility and balance on and off the mat. When we take time to study anatomy/kinesiology in applied practice, svadhyaya (self-study) is cultivated, asana practice is strengthened and clarity of perception in action and non-action is enhanced.

All levels of students are welcome!

Handout provided.



Send your check or charge to: Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607



No refunds unless you find somebody to take your place.

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Enclosed is my check for \$ _____, payable to Open Sky Yoga.