

ONLINE SEMINAR through

ZOOM  Open Sky



**Carla Anselm E-RYT 500,** IYA 500, has been a teacher of yoga for 2 decades. She began training in 2001 at Shakti Yoga Center in NYC then completed François Raoult's Essential and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Teacher Training and Elise Miller's Yoga for Scoliosis. Carla is an experienced Doula and teaches Prenatal and Postpartum Yoga. She is on the faculty of the Advanced Yoga Teacher Training in Brussels Belgium and Rochester, New York, as well as the Open Sky Yoga Therapy Teacher Training with an authentic voice and filled with curiosity, Carla continues her yoga Journey.

# the Psoas

## Anatomy & Practice

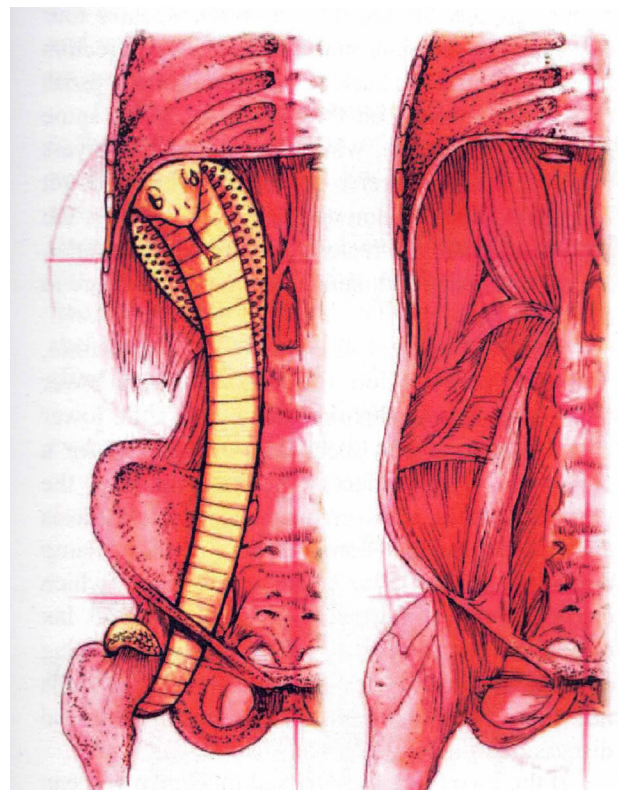
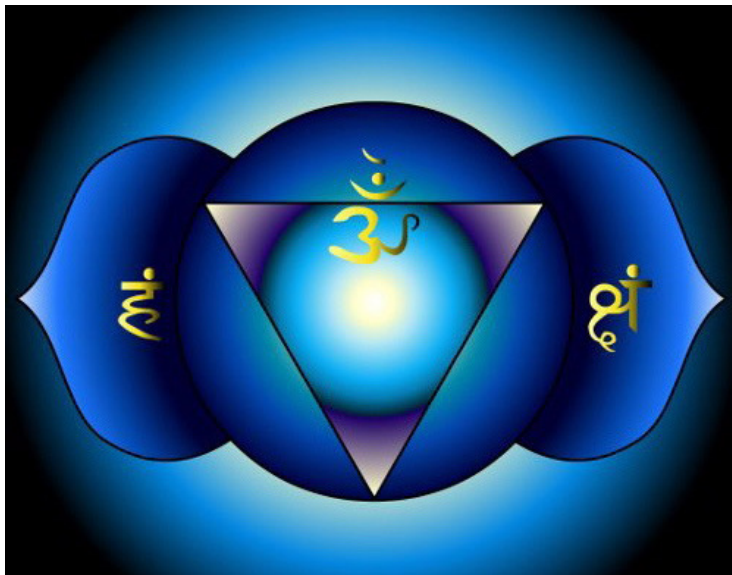
with **Carla Anselm E-RYT 500**

**Sunday June 27, 2021 9-noon \$60**

**All levels of participants are welcome.**

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. We will complement this pro-active asana session with a quiet, deep restorative practice to further release the psoas and let it float in no gravity field. Also an opportunity to regenerate the cells and balance the doshas. Music and poetry may be present as well!

RECORDINGS WILL BE AVAILABLE FOR THOSE NOT ATTENDING LIVE.



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Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.