

Anatomy & Yogasana

Annamaya Kosa, through pratyaksa (direct experience). We will review joints, muscles and fascia and observe how any one factor can affect the whole being. Learn the application of anatomical terms like prime mover, synergist and antagonist and reciprocal inhibition theory as it applies to yoga. This workshop will help you identify the cause and correct common imbalance you experience or see in yoga pose. We will be doing plenty of yoga to let the intelligence of the mind learn from the body's perspective. All yoga styles are honoured in this workshop.

WORKSHOP I: THE FOUNDATION

FROM STANDING ASANA TO INVERSIONS OFFERED OVER ONE WEEKEND

1. LOWER BODY, FOUNDATION POSES
 2. PELVIC GIRDLE & HIP OPENERS
 3. SUPPLE SPINE, BACKBENDS & TWISTS
 4. SHOULDER GIRDLE & INVERSIONS
- TOTAL: 12 HOURS**

This is an experiential workshop, basic familiarity with yoga needed, all styles welcome.

- 6 MTANS & 6 MBNA CEU's
- RYT, CMTBC, CMTO, ABMP CEU's

Locations & Dates:

Anatomy & Yogasana |
Chester Harbour Yoga & Massage Therapy
71 Duke St. Chester NS, BoJ 1Jo
(45 minutes from downtown Halifax)

Date: February 26th, 27th, 28th

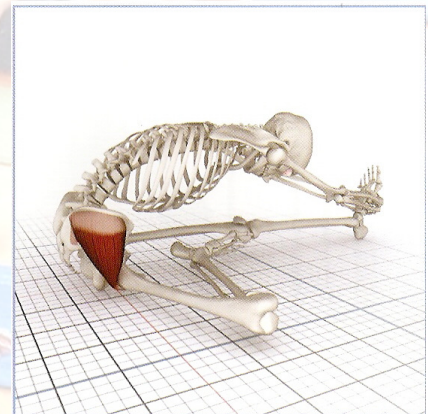
Friday 4:30 pm to 7:30 pm

Saturday 10 to 1 pm and 2:30 to 5:30 pm

Sunday 2 to 5 pm

Advance Registration required:

\$195 before February 1st; \$225 received
after, Payable to Leigh Milne PO Box 426,
Chester NS, BoJ 1Jo



LEIGH MILNE RMT, E-RYT, PFT IS A HAWAII, BC & NS CANADA REGISTERED MASSAGE THERAPIST, MEMBER OF THE CMTBC AND MTANS AND PAST MEMBER OF THE CMTO. LEIGH HAS BEEN A FACULTY MEMBER AT THE WCCMT VICTORIA BC CAMPUS AND IS CURRENTLY ON STAFF AT THE ALOHA SCHOOL OF MASSAGE THERAPY IN MAUI, HAWAII. A RMT SINCE 1990 AND CERTIFIED IN THE IYENGAR YOGA METHOD, LEIGH HAS TRAVELED THREE TIMES (TOTALING FIVE MONTHS) TO PUNE INDIA TO STUDY YOGA WITH THE IYENGAR'S; SHE HAS STUDIED WITH THE IYENGAR'S ON MANY OCCASIONS. LEIGH LIVES IN THE SEASIDE VILLAGE OF CHESTER, NOVA SCOTIA, WHERE SHE PRACTICES MASSAGE THERAPY, LEADS YOGA CLASSES AND WORKSHOPS FROM HER CHESTER STUDIO AND TRAVELS INTERNATIONALLY TO TEACH.

902-273-YOGA

OR VISIT

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