

Anatomy & Yogasana I & II

Workshop Description: Annamaya Kosa; Patanjali states pratyaksa (direct experience) is the path to knowledge. During this weekend we will review joints, muscles and fascia and observe how any one factor can affect the whole being. Learn/review 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 to correct common imbalance you experience or see in a yoga pose. From here we will advance to Pranamaya Kosa and the anatomy of the breath from both eastern and western perspectives. Extensive handouts, power point tools and hands on. We will be doing plenty of yoga to let the intelligence of the mind learn from the body's wisdom. All yoga styles are honoured in this workshop.



Anatomy & Yogasana I: The Foundation from standing asana to Inversions

1. Lower body, Foundation poses
 2. Pelvic Girdle & Hip Openers
 3. Supple spine, Backbends & twists
 4. Shoulder girdle & Inversions
- Total: 12 hours

Anatomy & Yogasana II: Moving Inward

1. Pranayama and anatomy of the Breath
 2. The Pelvic Core and Diaphragms
 3. Benefits of Restorative Asana
- Total 12 hours

Recognized by CMTBC and MTAA for 24 primary credits, CMTO, and MTANS credits
Yoga Alliance and ABMP for CEC/CEU as well as IYAC for introductory level I & II teachers

Instructor Description: Leigh Milne RMT, E-RYT, PFT is a BC & NS Canada registered massage therapist, member of the CMTBC and MTANS and past member of the CMTO and licensed massage therapist in the state of Hawaii. 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, certified personal trainer, E-RYT 500 and certified in the Iyengar yoga method, Leigh has traveled to Pune India and studied yoga with the Iyengar's many times. Leigh leads yoga classes and workshops from her Chester, NS studio and internationally. www.thesadhanacentre.com

Location: This is a retreat style offering on the Fabulous Island of Maui Hawaii at the restful Banyan Tree Inn. The Banyan Tree has a fully equipped yoga studio, lovely accommodations and swimming pool <http://www.bed-breakfast-maui.com/plantation-home.htm> Located on the less commercial side of the island overlooking agricultural fields and, of course, the ocean.

Dates: March 19th to 26th 2012, This workshop will allow time to relax and get with the Aloha spirit, hang on the beach and swim with the turtles. Nothing will bring you greater peace and joy than the many humpback whales visiting Maui.

Cost & Registration: Total cost for A&Y I&II, accommodation and most meals \$1400 USD \$600 USD must be received before Nov. 15th, \$1550 USD after. Airfare, ground transport and entertainment not included. Per person, double occupancy.

To Register email Leigh leigh@thesadhanacentre.com or call 902-273-9642 to request registration form.

I just wanted to say thank you for such a great workshop! I learnt so much in those 3 days and you are a great teacher, speaker and presenter. Sorry for all the questions but you really got me into that "student mind"! Karin K, yoga teacher, personal trainer A&Y I, Maui

I attended your Anatomy and Yogasana course in October [2008] It has completely changed me as a therapist and I am looking forward to taking the second portion. Liseanne M, RMT A&Y I, Nova Scotia