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2011



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Advanced Studies  
&  
**Yoga**  
Teacher  
Training  
Program

# Experiential ANATOMY



Registered Yoga School



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with  
**Judith Hanson Lasater, Ph.D., PT**

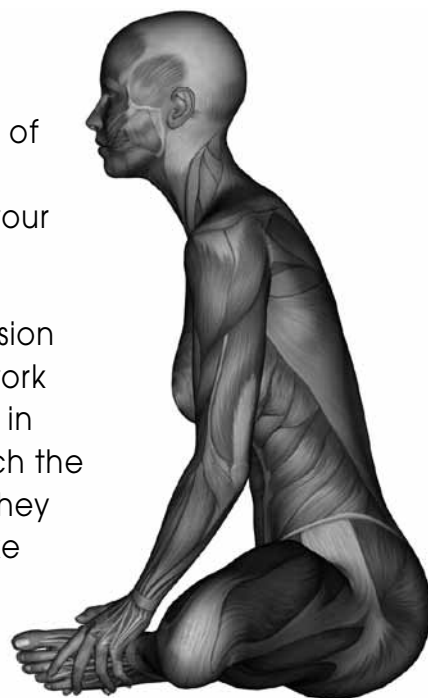
**December 2, 3, 4, 2011**

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- Dates:** December 2, 3 4, 2011: One weekend (20 hours)
- Times:** Friday, December 2: 10:00-1:30 PM & 2:30-6:00 PM;  
Saturday, December 3: 10:00-1:30 PM & 2:30-6:00 PM;  
Sunday, December 4: 10:00-1:00 PM & 2:00 5:00 PM;
- Place:** Santa Barbara Yoga Center • (805) 965.6045  
32 East Micheltorena Street, Santa Barbara, CA 93101
- Prices:** \$595 if full payment (deposit plus balance) is made by October 21, 2011  
\$650 if any remaining balance is paid after October 21, 2011
- Deposit:** \$250 deposit, required to reserve your place, is refundable (minus \$75 cancellation fee) only until November 4, 2011.
- Balance:** Balance is due by, and is only refundable until, Nov. 4, 2011. NO REFUNDS after 11/4/11.
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## Experiential Anatomy

Deeply understanding the anatomy and movement principles of the body is an invaluable tool for yoga teachers and serious students. Not only does it help your teaching, it also enriches your own practice.

In this training we will begin with Active Practice in the first session each day and Quiet Practice in the second session. But our work will be focused around learning specific anatomy by feeling it in our bodies and seeing it in other bodies. Not only will we stretch the hamstrings, for example, but we will also learn exactly where they attach and what exactly it is they do in the body besides make forward bends challenging.



**Required Reading** (to be read prior to the start of the course):

- "Yogabody: Anatomy, Kinesiology, and Asana" by Judith Hansen Lasater

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### The Instructor:



**JUDITH HANSON LASATER, Ph.D., PT**, has taught yoga since 1971. She holds a doctorate in East-West psychology and is a physical therapist. Judith is president of the California Yoga Teachers Association, and serves on the advisory boards of Yoga Journal and the Yoga Research and Education Center. Her yoga training includes study with B. K. S. Iyengar in India and the United States. She teaches ongoing yoga classes and trains yoga teachers in kinesiology, yoga therapeutics, and the Yoga Sutra in the San Francisco Bay Area. Judith also gives workshops throughout the United States, and has taught in Canada, England, France, Indonesia, Japan, Mexico, Peru, and Russia. She is the author of six books: *A Year of Living Your Yoga*; *Yoga Abs*; *Yoga for Pregnancy*; *30 Essential Yoga Poses*; *Living Your Yoga*; *Relax and Renew* and her most recent, *Yogabody: Anatomy, Kinesiology, and Asana*. For more information, please visit [www.judithlasater.com](http://www.judithlasater.com).

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