



# Anatomy of Yoga

Timeless Yoga & Heather Sky RYT-500, ERYT

**Part I: Saturday, February 29, 2020 1:30-5pm**

**Part II: Saturday, March 28, 2020 1:30 - 5pm**

**1 Day \$39 or \$65 Both Days**

This workshop will inform the yoga student and teacher alike how we use our muscles and joints in key yoga poses, and explore the biomechanics of yoga and the importance of proper body alignment. Heather will lead us through portions of the seminal training text of Ray Long, MD - "The Key Muscles of Hatha Yoga." If you own the book, please bring it to the workshop. Wear clothes to move in as we will practice yoga together. Bring water and snacks as needed (we will take a short break), and props to make yourself more comfortable during our in-depth discussion.

**Yoga teachers - this workshop is good for Yoga Alliance CEs!**

*Heather is an alignment based yoga instructor. Her unique workshops are composed of creative and unique teaching styles from years of dedicated practice. She is known for guiding students of every skill level in deepening knowledge and yoga skills.*