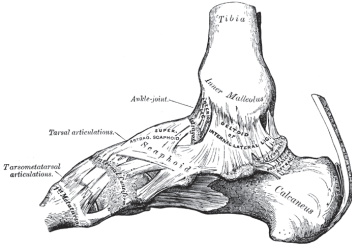


Upcoming Anatomy Workshops at Sun Moon Yoga

Fascinating materials for anyone who has a body or works with other's bodies. Continuing education for registered yoga teachers (RYT).



SAVASANA—Physical and energetic anatomy of the classic restorative pose

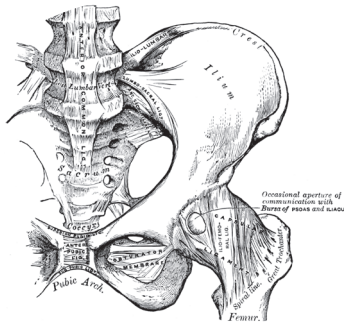
- Friday, June 13; 7 to 9 PM

FEET & ANKLES—Actively engaging the foundation of the body

- Saturday, June 14; 9 AM to Noon

KNEES—Asanas, functional activities, injury prevention

- Saturday, June 14; 1:30 to 4:30 PM



ILLIOPSOAS: GAIT & CORE—Deep muscles, movement and emotions

- Friday, September 12; 7 to 9 PM

HIPS—Anatomy of balance, range of motion, locomotion

- Saturday, September 13; 9 AM to Noon

SHOULDER—Neck, to inter-vertebral discs down to Sacroiliac joint

- Saturday, September 13; 1:30 to 4:30 PM

2009



SAVASANA—Physical and energetic anatomy of the classic restorative pose

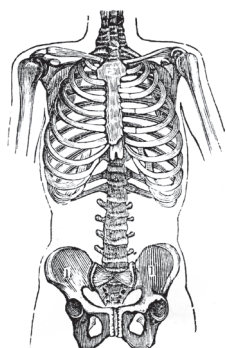
- Friday, April 3, 2009; 7 to 9 PM

SPINE: PART I—Disc and sacroiliacs issues; upper back and neck

- Saturday, April 4, 2009; 9 AM to Noon

SPINE: PART II—Applied anatomy in yoga movement

- Saturday, April 4, 2009; 1:30 to 4:30 PM (Part I pre-requisite)



ABDOMINALS—Deeper & superficial muscle groups of the torso, effects on posture.

- Friday, September 11, 2009; 7 to 9 PM

HIPS—Anatomy of balance, range of motion, locomotion.

- Saturday, September 12, 2009; 9 AM to Noon

SHOULDER—The neck, to inter-vertebral discs down to Sacroiliac joint

- Saturday, September 12, 2009; 1:30 to 4:30 PM

sun
moonyoga

All Single Anatomy workshops: \$90 each
Two workshops for \$170 (\$85 each)
Three workshops for \$240 (\$80 each)

Anatomy Workshops at Sun Moon Yoga

Presenter Yoga teacher and teacher trainer, Laura Erdman-Luntz has a Master's degree in Exercise Physiology from George Washington University. She is registered with the Yoga Alliance as E-RYT teaching faculty at 500 level (advanced), her workshops providing continuing education credits for registered yoga teachers. She is currently teaching at Mind Body Solutions in Minnetonka.



Description For all levels of student, yoga teachers, fitness instructors, personal trainers. Each workshop will cover in-depth the physical anatomy involved in alignment and injury prevention. From the foundational support work of the feet on through the knees, hips and spine, Laura will lead an exploration into the bones, muscles, connective tissue, and more that is the human body. The anatomy workshop's material is applicable to yoga poses as well as functional activity. For details on Laura and her workshops visit yogachi.com.

Sun Moon Anatomy Workshops Registration Form

Checks to Laura Erdman-Luntz

Name _____ Email _____

Home Phone _____ Work/cell _____

Address _____

Cost:

Single Anatomy workshops for \$90 each

Two workshops for \$170 (\$85 each) • Three workshops for \$240 (\$80 each)

I am registering for:

___ **SAVASANA:** 06/13/08 ___ **FEET & ANKLES:** 06/14/08 ___ **KNEES:** 06/14/08
___ **PSOAS:** 09/12/08 ___ **HIPS:** 09/13/08 ___ **SHOULDER:** 09/13/08

Emergency contact _____

Health issues/concerns _____

I understand the activity I am planning to undertake is entirely voluntary. I release Sun Moon Yoga and all instructors and independent contractors from any liability in the event of injury. I understand it is solely my responsibility to disclose any priorly existing health conditions. It is my responsibility to discuss exercise with my physician.

Signature _____ Date _____

Amount paid _____ Check # _____

Mail to: Sun Moon Yoga, 635 So. Front St., Mankato, MN 56001
(We are located across from the Law Enforcement Center, downtown Mankato)
Questions? (507) 387.6600 or visit our website: sunmoonyogastudios.com