

# *Julie Gudmestad*

**September 17 – 19, 2010**

## *Anatomy Awareness in Asana Of the Hip, Pelvis and Lower Back*

**Julie Gudmestad, P.T.**, has been active in Portland, Oregon as a yoga teacher and licensed physical therapist for over 30 years. She has integrated Western medical knowledge with yoga training into a unique teaching style, and has taught many workshops throughout the U.S. and Canada and Europe. She is a certified Iyengar yoga teacher, a member of the American Physical Therapy Association, and is the former author of the Yoga Journal column “*Anatomy of a Yogi.*”

This workshop is designed to acquaint yoga students, teacher-trainees and teachers with anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. Our particular focus for the workshop will be on the hip, pelvis and lower back. Our time together will involve lecture, demonstration and discussion, as well as direct work in the asanas. We will:

- *Learn to “see” muscles in action, and correctly describe the movement*
- *Understand how muscles interact to form movement patterns in yoga poses*
- *See demonstrations of both structure and function*
- *Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic effects of subtle changes in alignment*

**Fees:** Pre-registration is highly recommended for this popular teacher

- **\$195 for All classes paid in full by September 1, late fee is \$225**
- \$60 for Friday night only, no drop-ins Saturday or Sunday
- \$35 non-refundable deposit will secure your space
- 10% discount for iyanw members

**Friday,.....6 – 8pm** All Levels Asana / Foundation Anatomy of hip, pelvis & lower back

**Saturday,.....10am – 1pm** All Levels **\*\*pre-requisite Friday night class\*\***

**3:00 – 5:00pm**, In-Depth Anatomy and problem solving with focus on alignment

**Sunday.....10am – 1pm**, All Levels Asana **\*\*pre-requisite Friday night class\*\***

All Classes held at the **Boise Yoga Center, 3113 Rose Hill, 343-9786** or [vickie@boiseyogacenter.com](mailto:vickie@boiseyogacenter.com)

Mail completed form to Vickie Aldridge, 3541 Ticonderoga, Boise, ID 83706

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**Julie Gudmestad Yoga, September 17 - 19**

**Name:** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone: D** \_\_\_\_\_ **E** \_\_\_\_\_ **Amount Enclosed** \_\_\_\_\_